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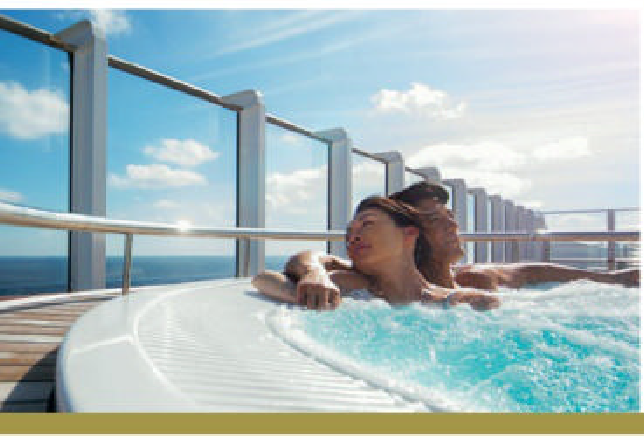

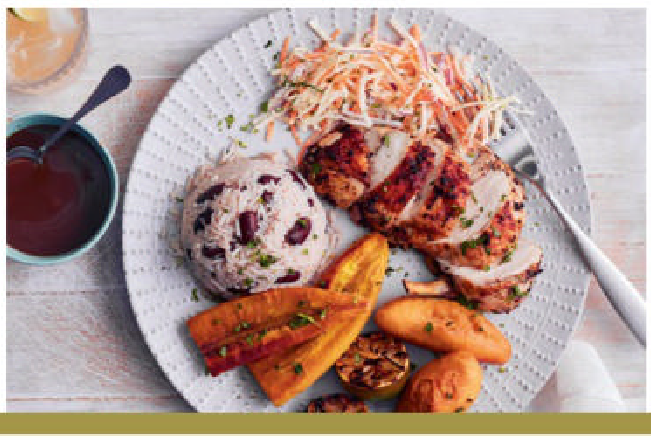

BOOK BY 6 MARCH 2023

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ABTA
Travel with confidence

RESET & refresh

There have been quite a few changes in my house recently, with both my boys starting the next stages in their lives. Edward, my older son, has graduated and moved out to begin his new job, and younger brother Ben, 18, has started a degree apprenticeship, which is certainly keeping him busy. Suddenly, my husband and I are finding it's often just the two of us (and a dog!) sitting watching TV together in the evening. This is, of course, lovely, but it does feel like a life shift, as if my own purpose and goals aren't so family-led any more. I have my job, which is fantastic, but there is certainly a feeling that I have room in my life for something else. Apparently, this is called the 'Third Act', that next stage in your life when you get time back to try new things. It's both exciting and daunting. What do you do? What are you supposed to do? If you're having similar thoughts or facing the start of a new year and thinking that you'd like to do things a little differently, then I hope you enjoy our feature on page 29. We've talked to experts about navigating the Third Act and to real women who've made big changes, and we've also included your inspiring comments from our reader panel. It's certainly given me a lot to think about and I'm determined to try some new hobbies and adventures. I'll keep you posted.

Wishing you all a very happy 2023. I think it's going to be fabulous!

Jo

JO CHECKLEY
EDITOR
jo.checkley@hearst.co.uk

LOVELY LEGS
A lot of you showed interest in our feature on varicose veins. Just to let you know, I'm now due back to The Whiteley Clinic for my treatment. I'll let you know how I got on.

SUPER KYM!
Kym Marsh is a singer, actor and can wow on a dancefloor, and she's also a super-glamorous grandmother. Do email me your own glam grandmum pics (you, your mum or someone close to you), as I'd love to do a follow-up in the magazine about fabulous grans. jo.checkley@hearst.co.uk

COVER STAR

Photography Nicky Johnston, Claire Pepper, Penny Wincer, Liz McAulay

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66 We help three readers start the year with fab new looks

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Don't miss the MARCH ISSUE issue OUT 1 FEBRUARY

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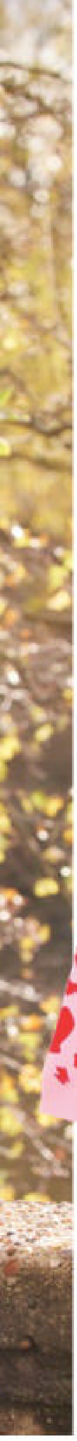

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prima
KYM MARSH
Bright, bold, brilliant
WOW COLOUR?
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YOU CAN MAKE IT!

Meet cover star Kym Marsh on page 8

Photography Nicky Johnston **Styling** Martine Alexander **Hair** Vincent Allenby **Makeup** Sally Rowe **Kym wears** Suit; top, both Zara

prima LOVES

ALL £25 & UNDER

Smart buys in cool mint and warm peach tones

BATHING BEAUTY

Wrap up.
Bath sheet, £20, M&Co

LIGHT UP

Wax lyrical.
Knot candle in Peach, £19.99, lamfy.co

FANCY FLORALS

Stylishly tame unruly locks.
Hair clips, £18, Oliver Bonas

SCRUB UP WELL

For silky mitts.
Tam Mason Mint & Cedarwood hand scrub, £18

EYE CANDY

Say it with sparkle.
I Heart Revolution Mini Tasty Peach Eyeshadow Palette, £6

CHEERS!

Celebrate in style.
Cipriani Bellini, £25, Sacla

LITTLE GEMS

Perfect for stacking.
Rings, £12 for a set of 3, Accessorize

BAGS OF STYLE

New season, new bag.
Bag, £25, Accessorize

GET GLOWING

Skin saviour.
Boots Glow Peach Sugar Scrub, £4.50

PEACHY KEEN

Give it a glow.
Benefit Mini Peachin' Golden Peach Blush, £15

THE BRIGHT SIDE

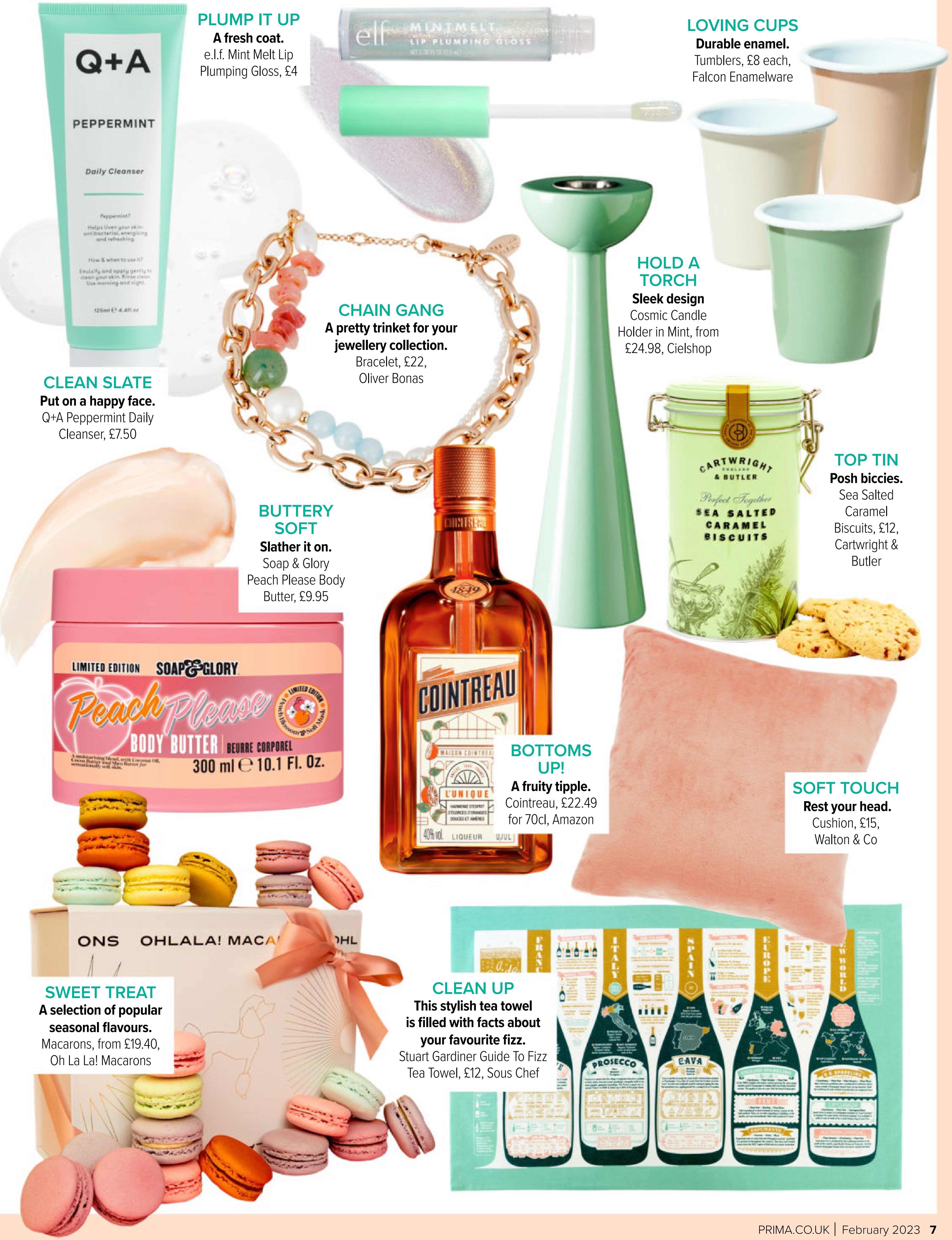
Insta inspo.
Sally Hansen Insta-Dri Nail Polish in Gain-Mo-Mint-Um, £4.99

MINTY FRESH

Instantly updates an outfit.
Scarf, £11, Next

SWEET CHEEKS

Warm up your complexion.
L'Oréal Paris Life's A Peach Blush, £8.99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e.l.f. Mint Melt Lip Plumping Gloss, £4

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Durable enamel.
Tumblers, £8 each, Falcon Enamelware

CLEAN SLATE

Put on a happy face.
Q+A Peppermint Daily Cleanser, £7.50

CHAIN GANG

A pretty trinket for your jewellery collection.
Bracelet, £22, Oliver Bonas

HOLD A TORCH

Sleek design
Cosmic Candle Holder in Mint, from £24.98, Cielshop

TOP TIN

Posh biccies.
Sea Salted Caramel Biscuits, £12, Cartwright & Butler

BUTTERY SOFT

Slather it on.
Soap & Glory Peach Please Body Butter, £9.95

BOTTOMS UP!

A fruity tipple.
Cointreau, £22.49 for 70cl, Amazon

SOFT TOUCH

Rest your head.
Cushion, £15, Walton & Co

SWEET TREAT

A selection of popular seasonal flavours.
Macarons, from £19.40, Oh La La! Macarons

CLEAN UP

This stylish tea towel is filled with facts about your favourite fizz.
Stuart Gardiner Guide To Fizz Tea Towel, £12, Sous Chef

‘I want TO KEEP challenging MYSELF’

Fresh from her *Strictly* stint, Kym Marsh talks to Charlotte Oliver about surprising herself on the dancefloor, moving forward from grief and the secret to her long-distance marriage

Kym Marsh, 46, lives in Manchester. She is married to army major Scott Ratcliff and is mum to David, 27, Emilie, 25, Polly, 11, and Archie, who tragically died in 2009 after being born 19 weeks premature. Kym recently dazzled the country as a contestant on BBC One’s *Strictly Come Dancing* with professional partner Graziano Di Prima. She’s about to make her debut as dinner lady Nicky in the BBC One series *Waterloo Road.*

MY *STRICTLY* JOURNEY

Strictly* was harder than I expected, but I loved every minute. I learned new skills, new things about myself, lost a fair bit of weight and met some amazing people. I never saw myself as someone who was up there with the best dancers, but the whole experience taught me to give myself more credit. I’m proud of what I achieved.

Every week, I shocked myself at my ability to come out fighting. I’ve always been open about my struggles with anxiety, and there were times on set when it reared its head and threatened to take hold. I was nervous, but I discovered I could beat it and take control. That’s the lesson I’ll cherish most: I’ve realised how far I’m able to push myself and overcome things that I might think I’m too weak to do.

My Argentine tango was a massive turning point for me. I got my first 10s of the season, and my confidence took a huge leap forward. Motsi [Mabuse] told me that night that I was better than I thought, which meant so much to me. My favourite dances were the Latin ➜

Kym wears Biker jacket, Karen Millen. Top; trousers, both Zara. Shoes, Office

> ‘*Strictly* was harder than I expected, but I loved every minute’

ones. I loved being able to get into the roles that Graziano and I created and channelling the drama.

I've made a friend for life in Graziano. I call him my little brother, because he's like this little ball of energy – always so enthusiastic. I always knew when he was tired because he'd go really quiet, which is so not like him! He's quite a lot younger than me, and his wife, Giada, was away working in Italy while we were training, so I felt quite protective of him. I'd bring him home once a week to spend time with my family. He's such a sweetheart.

A JUGGLING ACT

The past few months have been a whirlwind. As well as doing *Strictly*, I was filming the TV series *Waterloo Road* and co-presenting *Morning Live*. I never knew which hat I had on from one moment to the next! In hindsight, I think I'd have found *Strictly* easier if I'd cleared my schedule, but I was lucky to have an amazing support network around me. My family chipped in, whether that was picking me up from the station or making dinner for me and Graziano. I couldn't have done it without their support.

I'm so excited to be a part of the new series of *Waterloo Road*. My character, Nicky Walters, is really feisty and funny. She's a mum of two and a dinner lady at the school. I love that you never know what to expect from her: one minute, she's making somebody laugh; the next, she's getting really angry or upset. Without giving too much away, I think there's a lot that people will relate to. She's a single mum, and she goes through all the things that other single mums go through. I hope people will see something in her that resonates with them.

Everyone put me at ease as soon as I arrived on set – it didn't really feel like I was the new girl at all. What's great is that you have returning actors, like Angela Griffin [who plays headteacher Kim Campbell] and Adam Thomas [playing schoolboy-turned-teacher Donte Charles], but also new characters, too. I've known Adam and his brothers [TV stars Ryan and Scott Thomas] for years, and mine and Angela's paths have often crossed, too. There are even a few actors who have appeared in *Corrie* with me over the years!

HOW I GOT HERE

My upbringing taught me the importance of hard graft. I grew up near Wigan and we didn't have a lot growing up, but my parents made sure we never went without. They worked as hard as they could to put dinner on the table and give us nice birthdays and Christmases. My dad worked as a long-distance lorry driver, but he was also a carpenter; I still remember how he always smelt like wood shavings. My mum had her hands full with four kids

On *Strictly* with Graziano Di Prima

Opposite: Kym wears Dress, & Other Stories **This page: Kym wears** Top, Me+Em. Skirt, River Island

'My family always comes first. It's how I was raised and it's how my children feel, too'

Kym with Beverley Callard in *Coronation Street* (left) and as dinner lady Nicky in *Waterloo Road* (right)

until we were old enough and then she went back to work. When you come from that sort of background, you learn the value of hard work.

I didn't have much when my older kids were little, but I tried to do the best for them. They were well-clothed and fed, although they didn't have any luxuries. Sometimes it was tricky getting money together for the week. When Emilie was a baby, my sister, Tracey, and I would sometimes go halves on a bag of nappies; I'd also take the kids to Mum's if we didn't have enough money to top up the electric meter. Times were difficult, but I managed, and I made it work.

I used to go singing in pubs and clubs whenever I could, but it wasn't the life I wanted. I was always trying to make more of our lives. When I landed an audition for the TV talent show *Popstars*, I was convinced they wouldn't want me, but my mum pushed me into doing it. I'm very lucky she did because I won a spot in the band Hear'Say, which turned out to be my big break.

When doors have been closed in my face, I've always thought, 'Okay, what door shall I try next?' I think that's the secret to my longevity: I've been brave enough to take on new challenges and reinvent myself, even when I've had self-doubt. I've also been fortunate to be allowed to do so, especially in this industry. When I left Hear'Say, it was very hard to go from pop star to actor – you either belonged in one world or the other – but luckily, *Coronation Street* →

producers took a chance on me. For that, I feel very fortunate.

CORRIE GLORY

I was only supposed to play Michelle Connor in *Coronation Street* for four episodes, but I ended up being there for almost 14 years! I'm still so grateful because it was such a big stepping stone in my career. I learned so much while I was there and made amazing friends. I'd definitely go back one day if they wanted me, just not yet – because the whole reason I left was to try new things.

Getting the job on *Morning Live* couldn't have come at a better time. I'd just left *Corrie*, I'd signed up to do a touring musical and then Covid hit and all my jobs got cancelled. I was sat there thinking, 'I have no work – what am I going to do?' Then, all of a sudden, the BBC asked me to be a co-presenter on this new breakfast show. I hadn't ever done live television presenting before, so I was incredibly nervous, but how could I say no? It turned out to be the best move I could have made.

FAMILY FIRST

My family means everything to me – they always come first. That's how I was raised and it's how my children feel, too. We do everything for each other. We help one another out if someone needs the shopping done, or if my dad – who was diagnosed with incurable prostate cancer last March – needs to be taken to hospital. We truly are each other's backbones, lifelines, shoulders to cry on and people to laugh with.

What's lovely is that our family has now grown and expanded. I have three wonderful grandchildren, a future son- and daughter-in-law, and we also spend lots of time with Emilie's future mother- and father-in-law and her partner Mikey's siblings. In fact, we all went to Disneyland Paris together last year to celebrate a birthday.

Family really helps in times of loss. Everybody goes through their fair share of grief, loss and tragedy, and we're no different. When I lost my son Archie, I tried to push everyone away, because I didn't want to think or face the reality of it. They all just waited patiently – they knew I would come to them when I was ready. Knowing I had that support around me was so important. They got me through the darkest time and it brought us closer together.

LOVE & LIFE

As I've got older, it's become clearer to me what I need from a partner and what I can give in return. The most important thing is supporting each other and being there no matter what. My husband, Scott, is the most incredible, supportive guy. He's not the kind of person who just says, 'I love you,' and then puts his feet up – he's always doing the most for the people he loves.

Scott and I don't have the luxury of living together full-time as he spends Monday to Friday in barracks in London. When he does get leave, it's great because he's home for a few weeks, but then there will be periods when he's away on tour for six or seven months. Every weekend he drives miles just to see me for two days. Of course, I try to do the reverse when I can.

We try to really make the most of our time together. Sometimes I'll say, 'Darling, you don't need to drive all that way – why don't you stay down there this weekend?' He just says, 'Absolutely not, because there will be lots of times when I can't get to you.' He really takes care of me in every way possible.

What's next? I want to keep working hard, setting a good example to my kids and spending lots of time with my grandchildren. The past few years have been about setting my sights high and challenging myself – and I'm going to continue to do that. There's no point in just sitting there and thinking, 'Right, this is it.' I want to keep testing my limits and proving my capabilities.

- *Waterloo Road is coming soon to BBC One and BBC iPlayer. Morning Live airs weekdays on BBC One at 9.15am*

Kym's feelgood secrets

The song that gets me on my feet… *You To Me Are Everything* by The Real Thing. It's a great, feelgood song.

My ultimate feelgood film… Either *Bridget Jones's Diary* or *Home Alone*.

The TV show I can't get enough of… I like watching reruns of *Frasier* and *Brooklyn Nine-Nine*.

My foodie weakness… Cheese – I absolutely love it.

My most treasured possession… All my Archie keepsakes. Polly, David and Emilie buy me feathers and angels that mean something about Archie.

My perfect date night… Normally, I'd say dinner and the cinema, but at the moment it would be feet up on the couch, a pizza and a glass of wine!

My top tip for self-care… I'm terrible when it comes to self-care – I'm the last person I think about. But if I were to give myself a treat, I'd go for a spa day and get a little pamper.

Photography Nicky Johnston **Styling** Martine Alexander **Hair** Vincent Allenby **Makeup** Sally Rowe **Kym wears** Top, Me+Em
Additional photography ITV/Shutterstock, BBC/Guy Levy, BBC/Wall To Wall/Rope Ladder Fiction/Helen Williams

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OFFER FOR YOU!

WE ALL DESERVE A TREAT THIS MONTH

Peace vest in Camo, £45; **Live Fast pants in Navy**, £65, both xs-xxl

Peace vest in Ikat, £45; **7/8 leggings in Forest**, £60, both xs-xxl

Go To vest in Forest, £35; **Palazzo pants in Forest**, £75, both xs-xxl

20% off Asquith

Asquith, the 'original ethical active wear brand', puts people and our planet at the forefront of everything it does. Asquith's collection is made with emphasis on using natural, plant-based fabrics, including bamboo and organic cotton, so every piece feels amazing against your skin, is naturally breathable and very comfortable to wear. Sizes range from xs-xxl and trousers also come in a variety of leg lengths: short, regular and long.

The latest collection is available online at asquithlondon.com.

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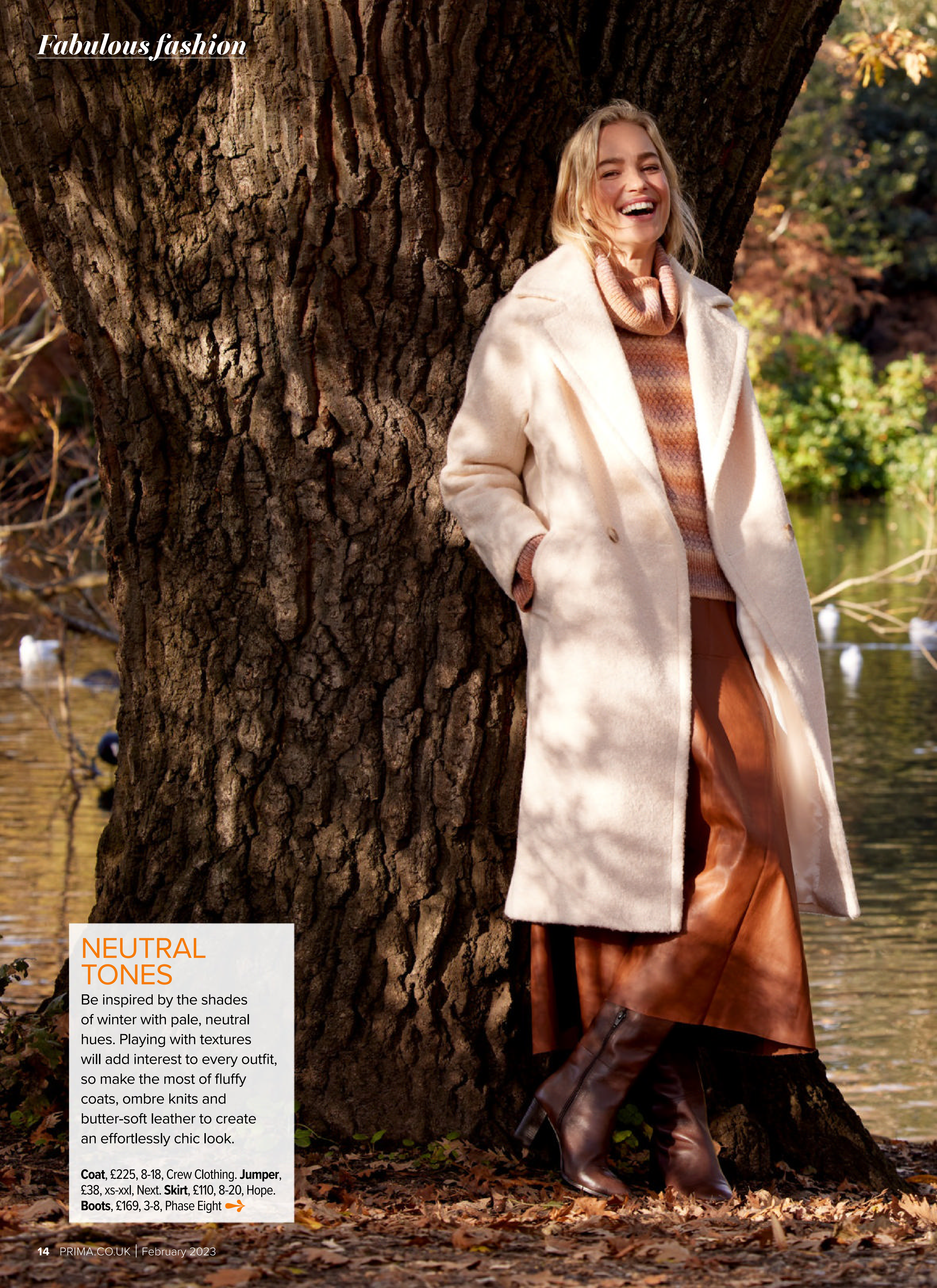
To receive your exclusive 20% discount code, visit prima.co.uk/offersfeb23 and follow the instructions. You can redeem your discount at asquithlondon.com from 16 December to 1 February.



NEUTRAL TONES

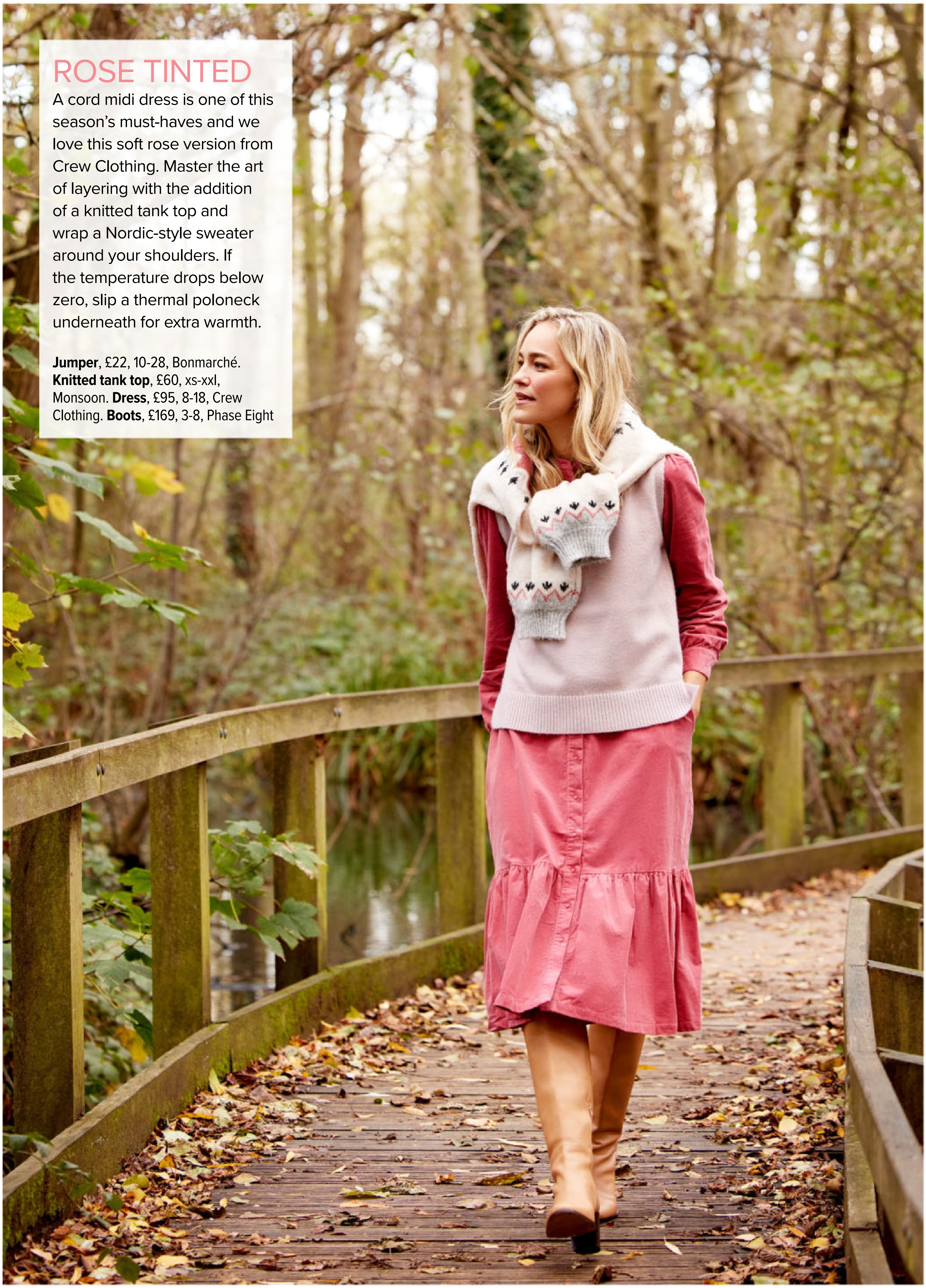
Be inspired by the shades of winter with pale, neutral hues. Playing with textures will add interest to every outfit, so make the most of fluffy coats, ombre knits and butter-soft leather to create an effortlessly chic look.

Coat, £225, 8-18, Crew Clothing. **Jumper**, £38, xs-xxl, Next. **Skirt**, £110, 8-20, Hope. **Boots**, £169, 3-8, Phase Eight →

A WINTER'S TALE

Wrap up and head outdoors in sumptuous knits and cosy layers. Add colour and warmth with oversize scarves, chunky sweaters and top them off with a snuggly hat. Who said winter had to be gloomy?

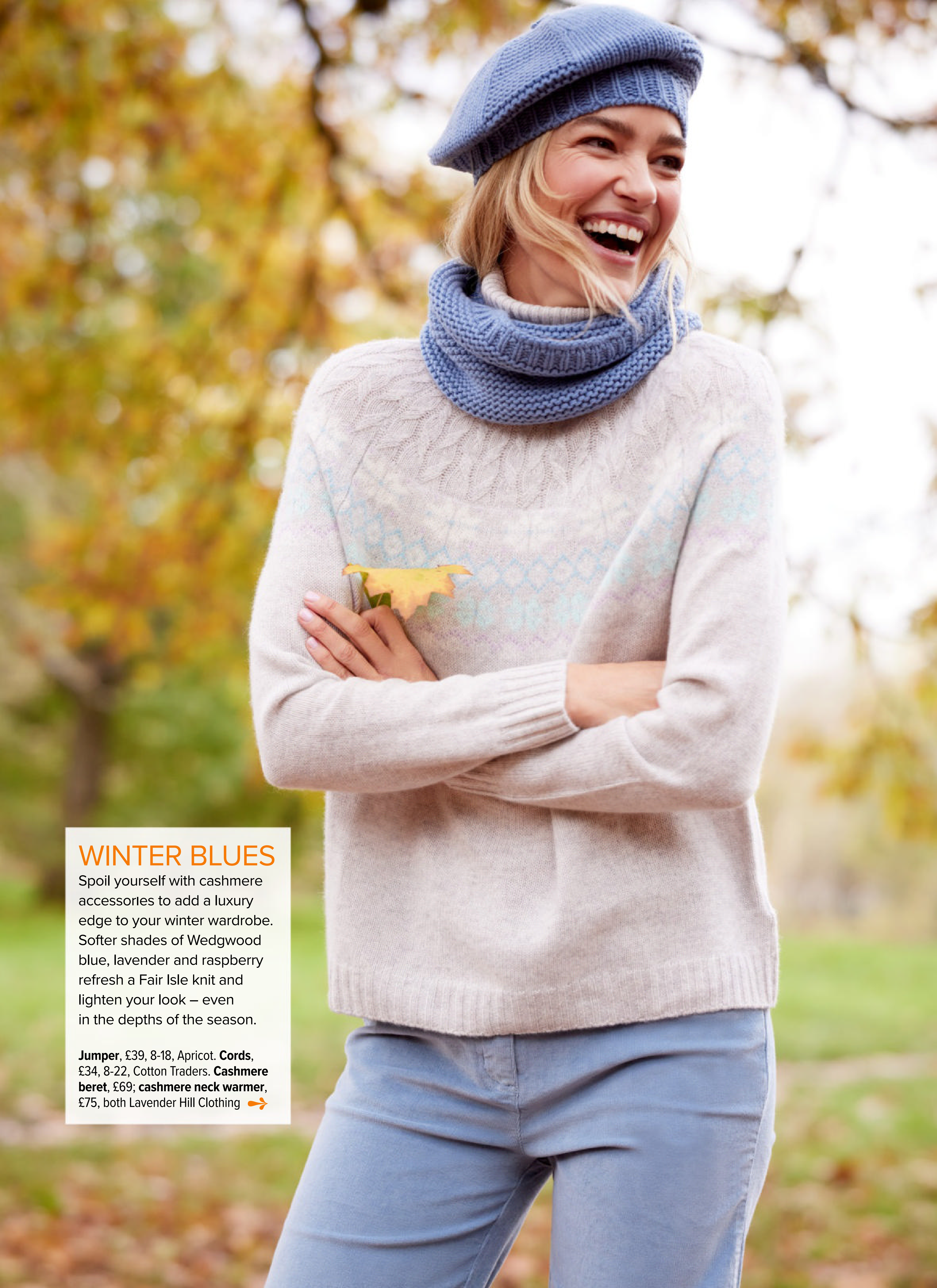
Photography CATHERINE HARBOUR
Styling JO ATKINSON



ROSE TINTED

A cord midi dress is one of this season's must-haves and we love this soft rose version from Crew Clothing. Master the art of layering with the addition of a knitted tank top and wrap a Nordic-style sweater around your shoulders. If the temperature drops below zero, slip a thermal poloneck underneath for extra warmth.

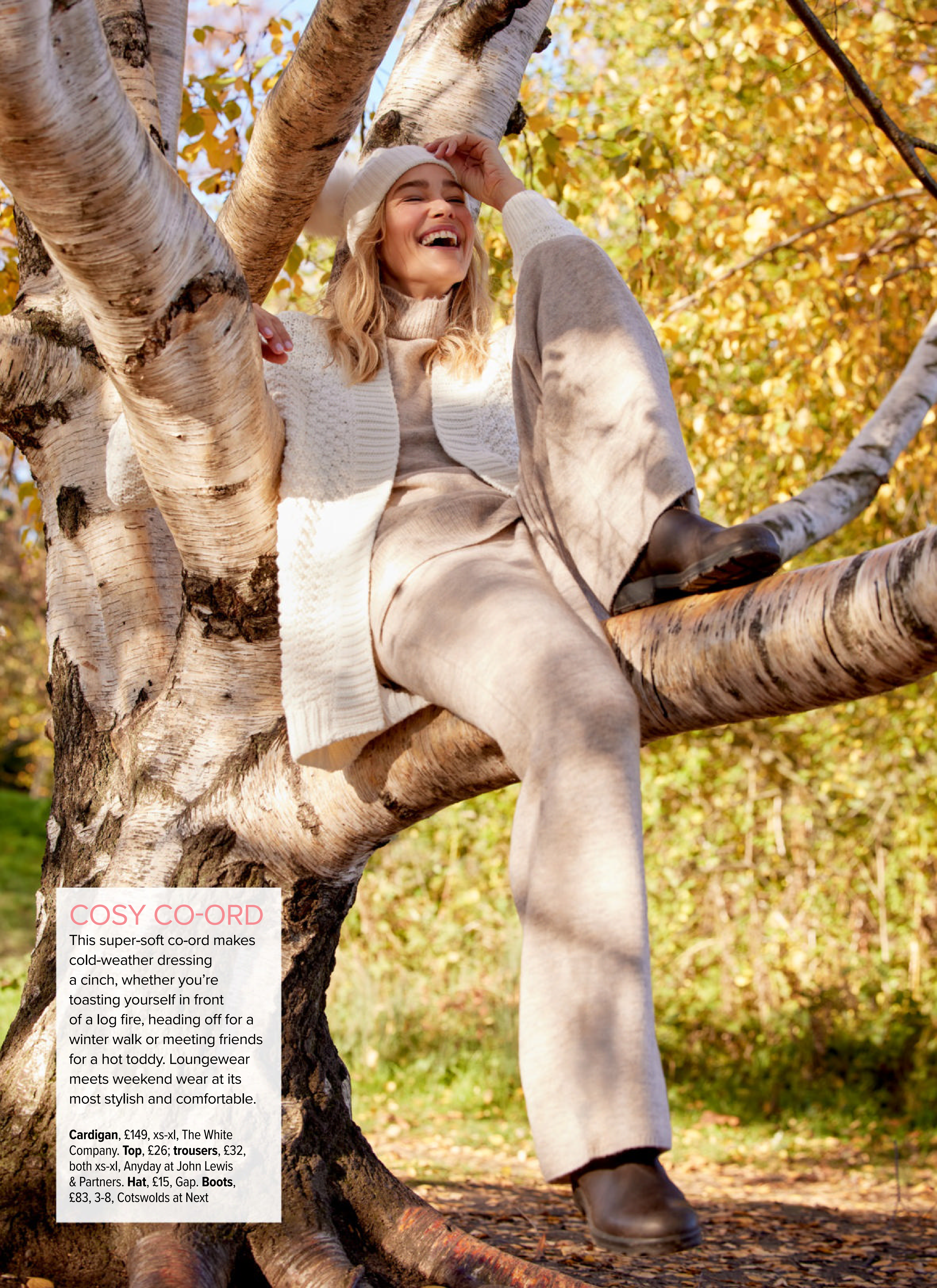
Jumper, £22, 10-28, Bonmarché. **Knitted tank top**, £60, xs-xxl, Monsoon. **Dress**, £95, 8-18, Crew Clothing. **Boots**, £169, 3-8, Phase Eight



WINTER BLUES

Spoil yourself with cashmere accessories to add a luxury edge to your winter wardrobe. Softer shades of Wedgwood blue, lavender and raspberry refresh a Fair Isle knit and lighten your look – even in the depths of the season.

Jumper, £39, 8-18, Apricot. **Cords**, £34, 8-22, Cotton Traders. **Cashmere beret**, £69; **cashmere neck warmer**, £75, both Lavender Hill Clothing



COSY CO-ORD

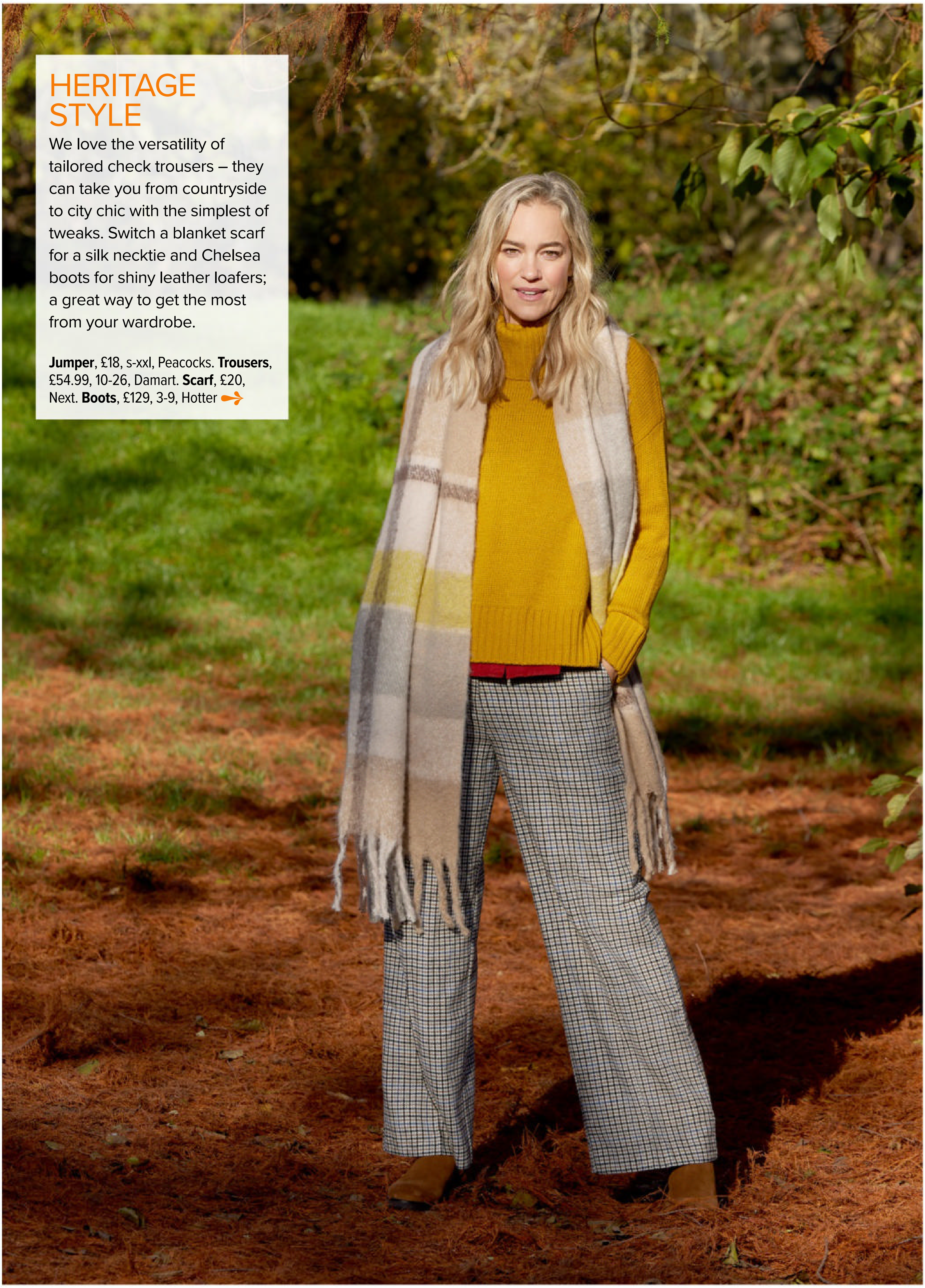
This super-soft co-ord makes cold-weather dressing a cinch, whether you're toasting yourself in front of a log fire, heading off for a winter walk or meeting friends for a hot toddy. Loungewear meets weekend wear at its most stylish and comfortable.

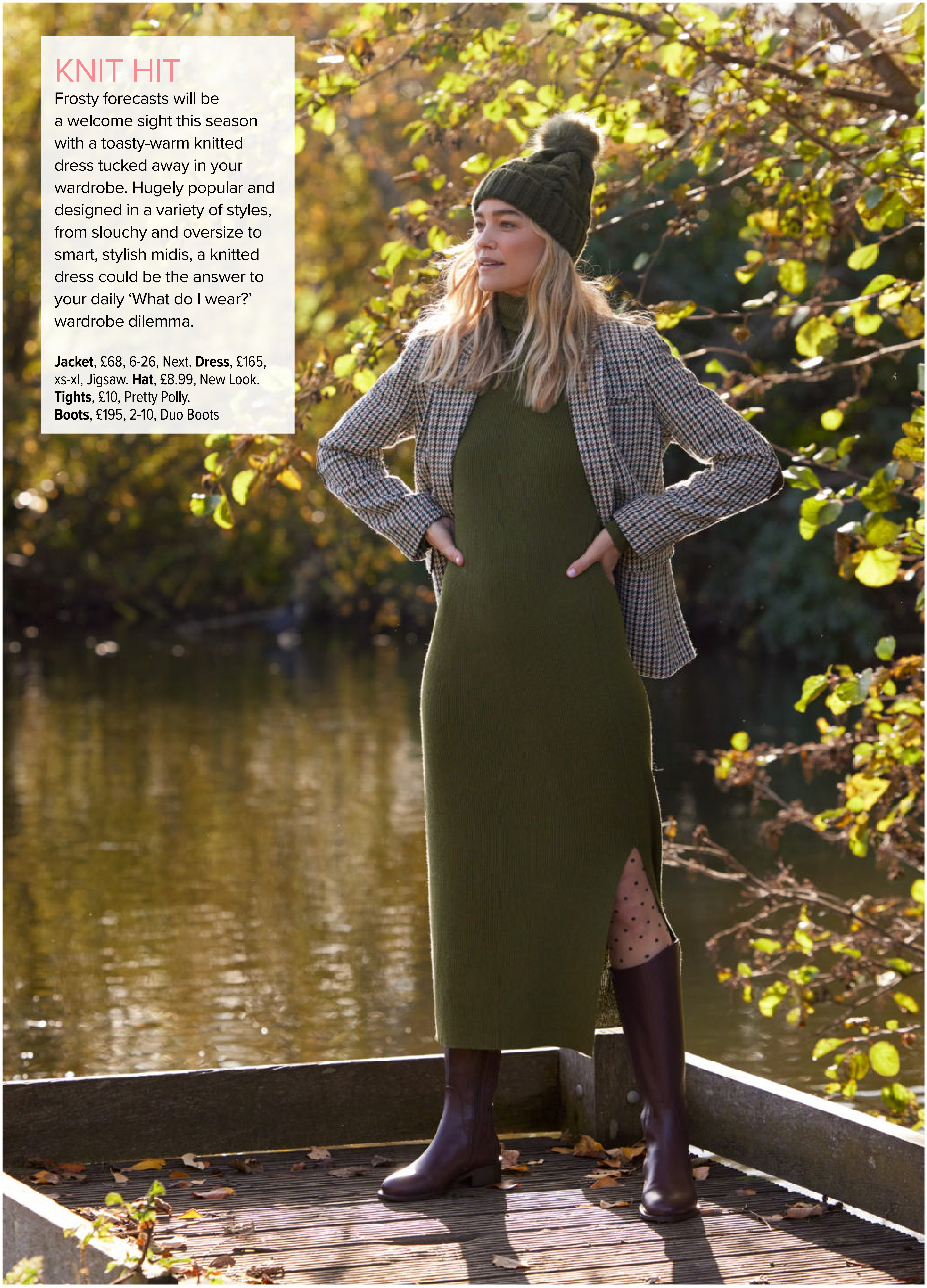
Cardigan, £149, xs-xl, The White Company. **Top**, £26; **trousers**, £32, both xs-xl, Anyday at John Lewis & Partners. **Hat**, £15, Gap. **Boots**, £83, 3-8, Cotswolds at Next

HERITAGE STYLE

We love the versatility of tailored check trousers – they can take you from countryside to city chic with the simplest of tweaks. Switch a blanket scarf for a silk necktie and Chelsea boots for shiny leather loafers; a great way to get the most from your wardrobe.

Jumper, £18, s-xxl, Peacocks. **Trousers**, £54.99, 10-26, Damart. **Scarf**, £20, Next. **Boots**, £129, 3-9, Hotter →

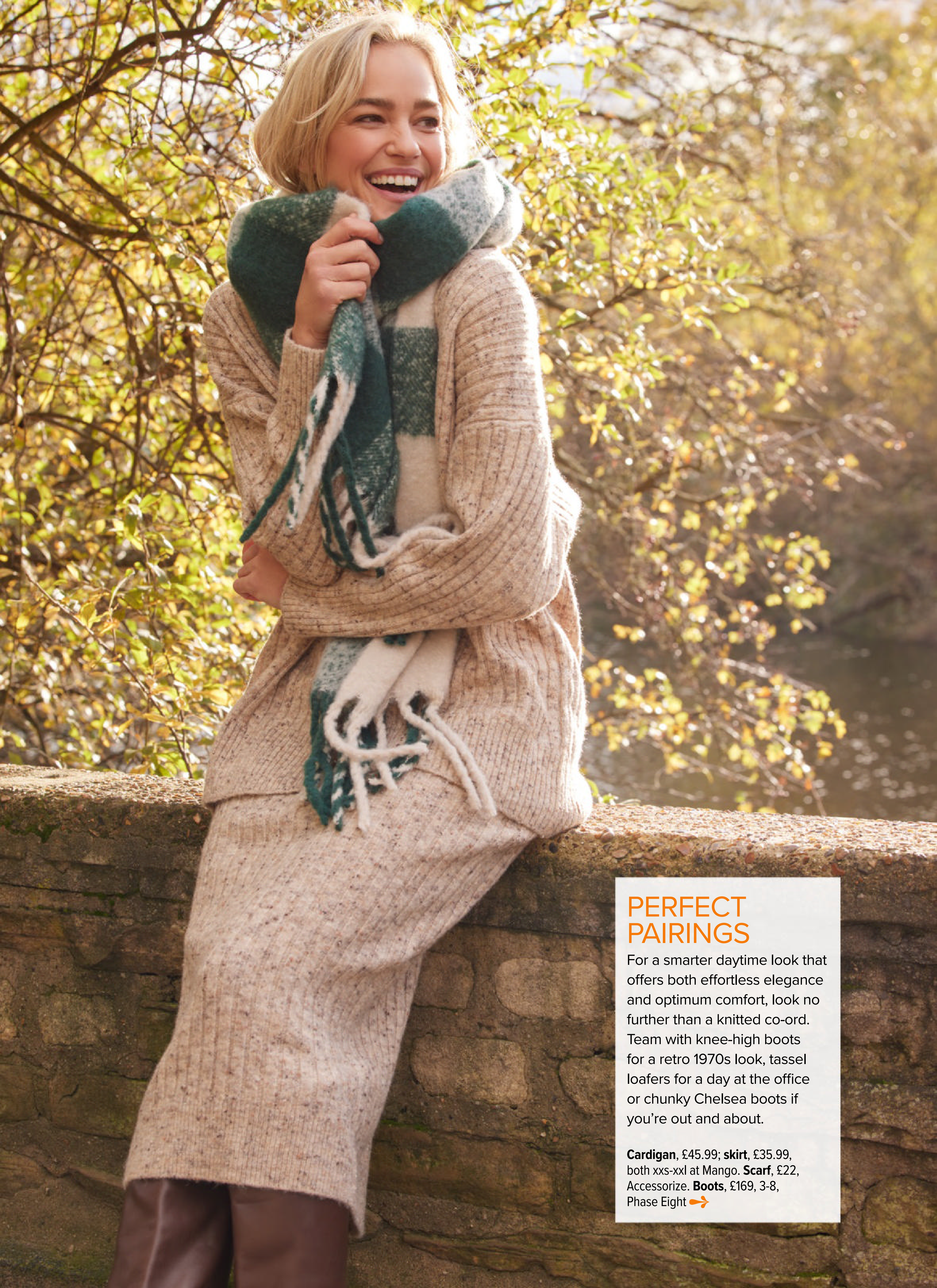




KNIT HIT

Frosty forecasts will be a welcome sight this season with a toasty-warm knitted dress tucked away in your wardrobe. Hugely popular and designed in a variety of styles, from slouchy and oversize to smart, stylish midis, a knitted dress could be the answer to your daily 'What do I wear?' wardrobe dilemma.

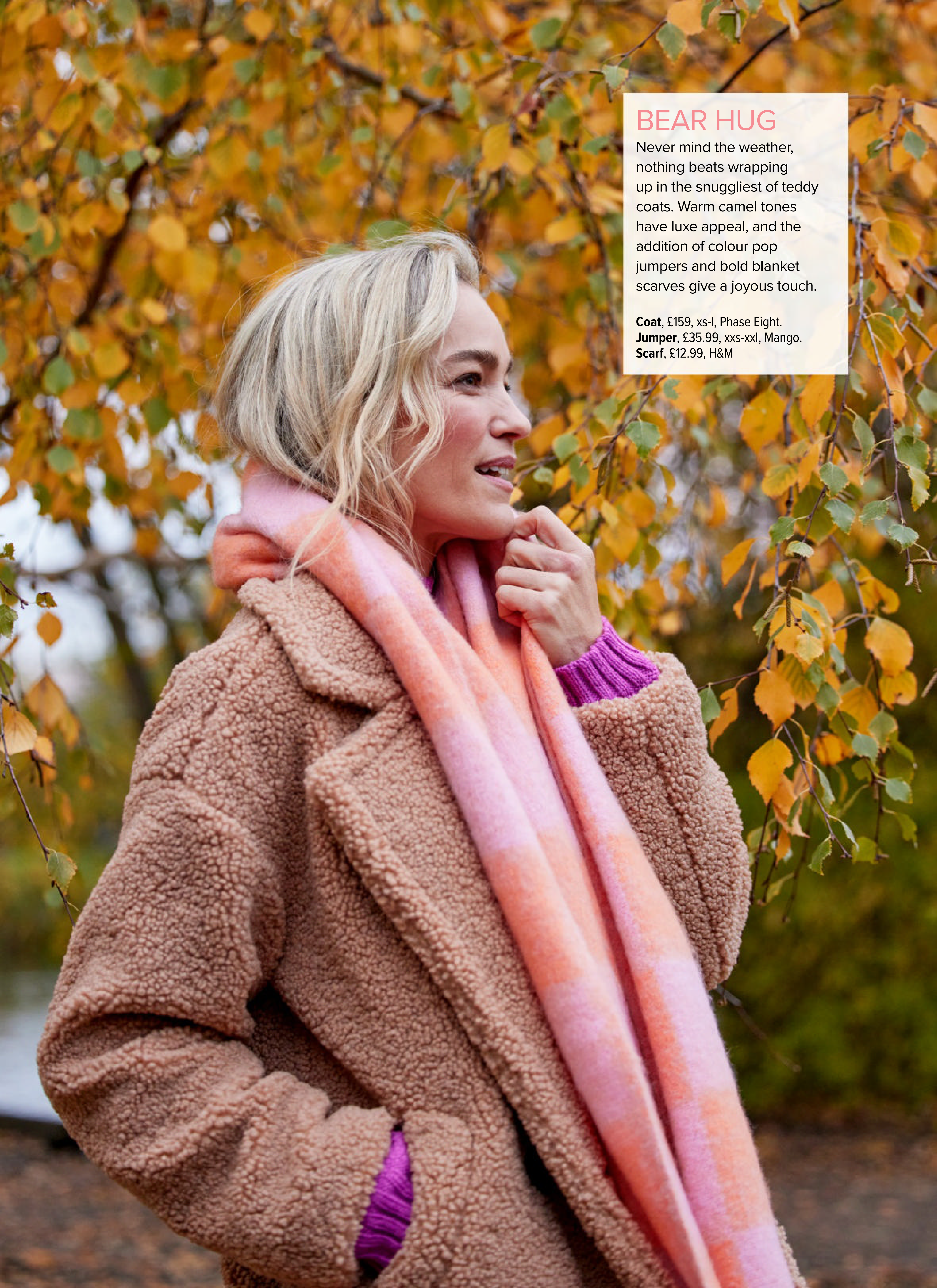
Jacket, £68, 6-26, Next. **Dress**, £165, xs-xl, Jigsaw. **Hat**, £8.99, New Look. **Tights**, £10, Pretty Polly. **Boots**, £195, 2-10, Duo Boots



PERFECT PAIRINGS

For a smarter daytime look that offers both effortless elegance and optimum comfort, look no further than a knitted co-ord. Team with knee-high boots for a retro 1970s look, tassel loafers for a day at the office or chunky Chelsea boots if you're out and about.

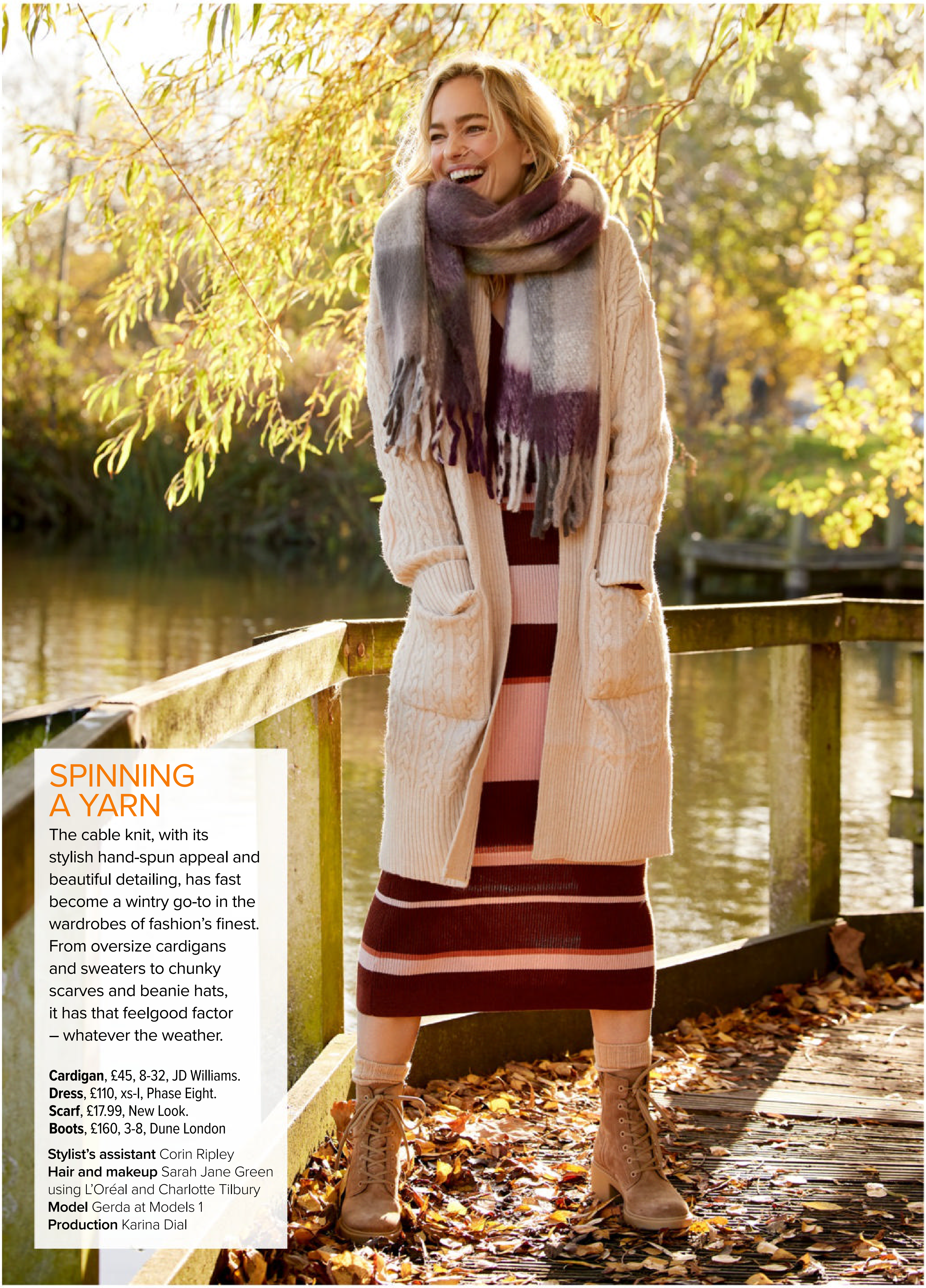
Cardigan, £45.99; **skirt**, £35.99, both xxs-xxl at Mango. **Scarf**, £22, Accessorize. **Boots**, £169, 3-8, Phase Eight ➜



BEAR HUG

Never mind the weather, nothing beats wrapping up in the snuggliest of teddy coats. Warm camel tones have luxe appeal, and the addition of colour pop jumpers and bold blanket scarves give a joyous touch.

Coat, £159, xs-l, Phase Eight.
Jumper, £35.99, xxs-xxl, Mango.
Scarf, £12.99, H&M



SPINNING A YARN

The cable knit, with its stylish hand-spun appeal and beautiful detailing, has fast become a wintry go-to in the wardrobes of fashion's finest. From oversize cardigans and sweaters to chunky scarves and beanie hats, it has that feelgood factor – whatever the weather.

Cardigan, £45, 8-32, JD Williams.
Dress, £110, xs-l, Phase Eight.
Scarf, £17.99, New Look.
Boots, £160, 3-8, Dune London

Stylist's assistant Corin Ripley
Hair and makeup Sarah Jane Green using L'Oréal and Charlotte Tilbury
Model Gerda at Models 1
Production Karina Dial

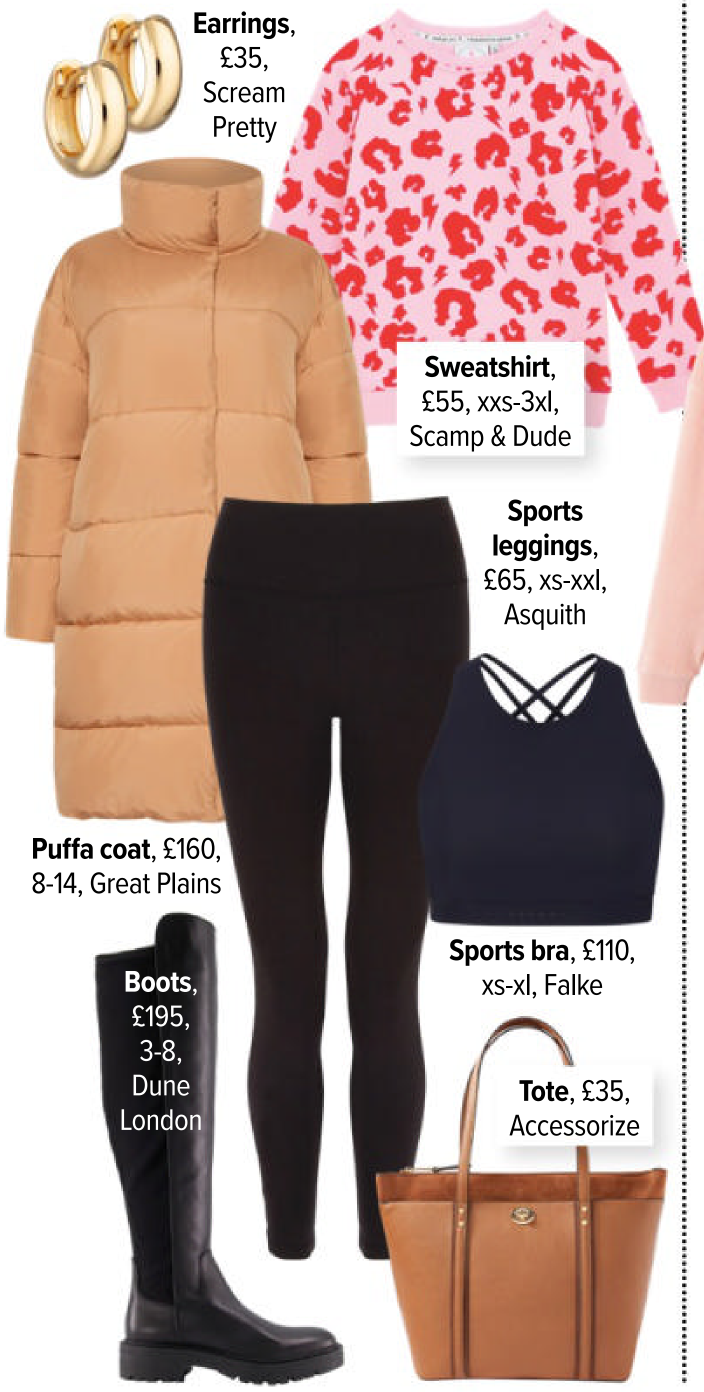
TRY it, BUY it, WEAR it…

Lifestyle WEAR

Mixing workout pieces with your regular wardrobe will give everyday outfits a sporty spin that's perfect for now

Exercise leggings

Wearing leggings outside the gym may seem daunting, but they're more versatile than you think.



Earrings, £35, Scream Pretty

Sweatshirt, £55, xxs-3xl, Scamp & Dude

Sports leggings, £65, xs-xxl, Asquith

Puffa coat, £160, 8-14, Great Plains

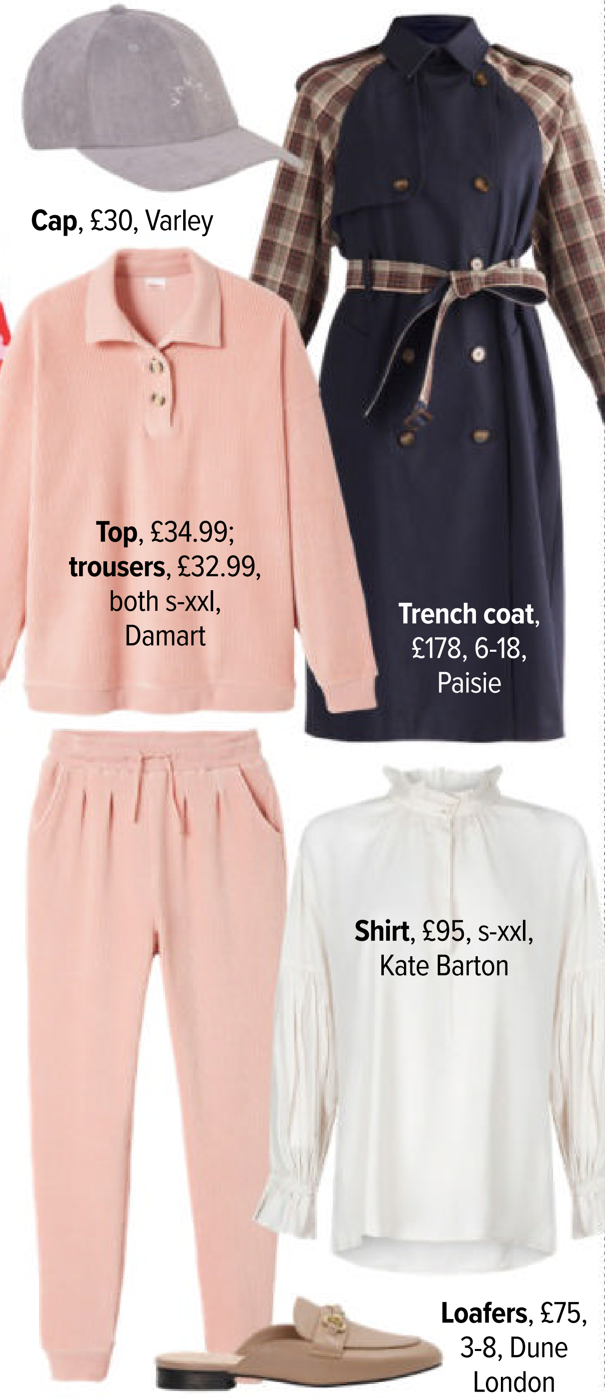
Sports bra, £110, xs-xl, Falke

Boots, £195, 3-8, Dune London

Tote, £35, Accessorize

Tracksuit

No longer limited to your Pilates class or park run, the comfy co-ord is transformed from casual to cool.



Cap, £30, Varley

Top, £34.99; **trousers**, £32.99, both s-xxl, Damart

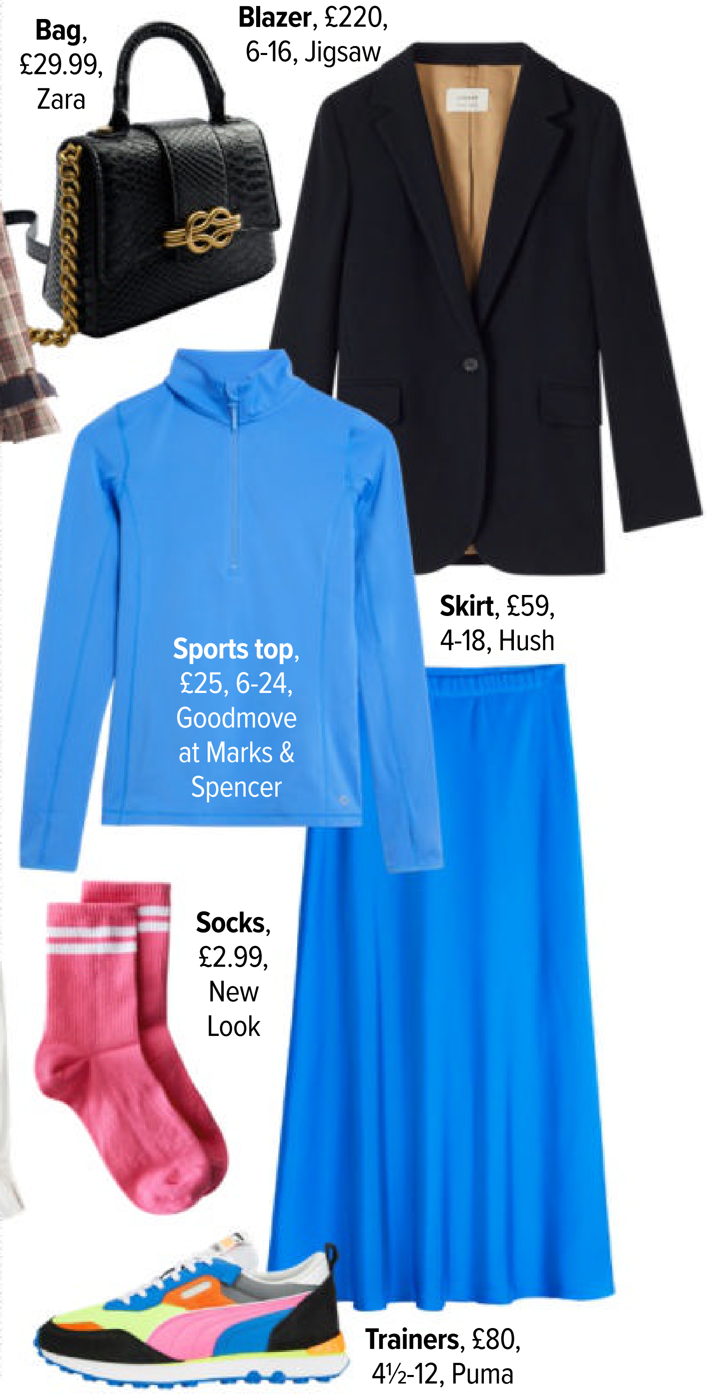
Trench coat, £178, 6-18, Paisie

Shirt, £95, s-xxl, Kate Barton

Loafers, £75, 3-8, Dune London

Sports top

How to make a functional top look fashionable? Sling a tailored blazer over it, and *voilà*!



Bag, £29.99, Zara

Blazer, £220, 6-16, Jigsaw

Skirt, £59, 4-18, Hush

Sports top, £25, 6-24, Goodmove at Marks & Spencer

Socks, £2.99, New Look

Trainers, £80, 4½-12, Puma

Sports bra, £18, 32A-42E; **exercise leggings**, £27.50, 6-22; **trainers**, £39.50, 3-8, all Goodmove at Marks & Spencer

If you only invest in
ONE item...

...make it a good-quality sports bra. The best gym kit starts with a great foundation.

£39, xs/s-m/l, Chantelle

£37, 28D-40G, Freya at Marks & Spencer

£50, 32B-38FF, Shock Absorber at John Lewis & Partners

Fuller figure? Choose a style with specific cup sizes for the most support

£34, 28C-38J, 40H, Freya Active

£45, s-xxl, Asquith

High or low impact? Match your sports bra to your activity

£44, 32B-42D, Triumph

5 of the BEST
Colour-pop trainers

£50, 3-9, Next

£75, 3-8, New Balance at size.co.uk

£85, 3-8, Adidas

£179, 3-9, Rogue Matilda

£120, 3-11, Asics

Compiled by Amanda Marcantonio

FINISHING TOUCHES

A few functional but oh-so-fashionable details will give your style staples a sporty edge – no gym required!

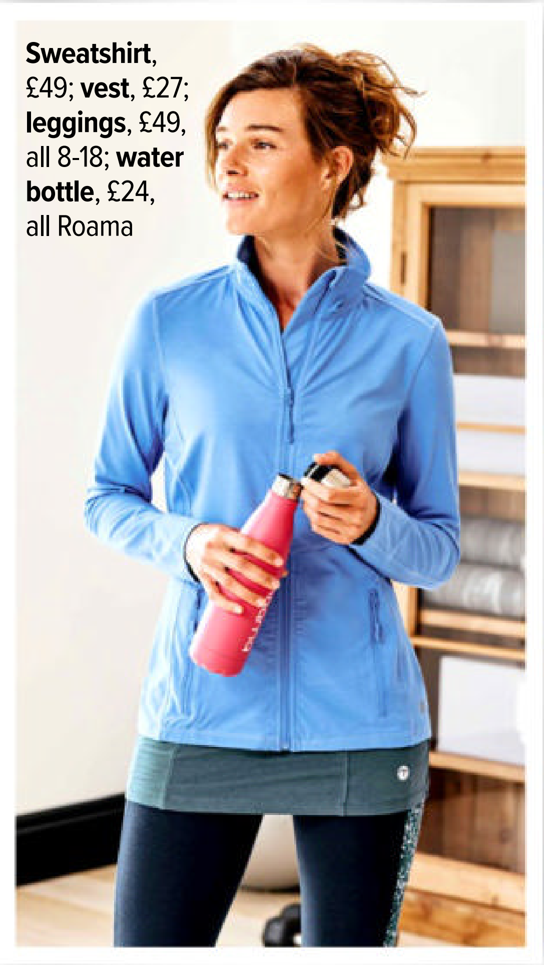
Hooded collar, £59, Cos

Layer this collar under a smart tailored coat

Hair ties, £4.10 for a set of 5, Braid & Bow

Fitness tracker, £49.99, Fitbit at John Lewis & Partners

Bag, £23.99, New Look



Sweatshirt, £49; **vest**, £27; **leggings**, £49, all 8-18; **water bottle**, £24, all Roama

20-YEAR GUARANTEE
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SOFT-CLOSE DOORS AND DRAWERS AS STANDARD
FSC-CERTIFIED AND BUILT FROM SUSTAINABLY SOURCED MATERIALS
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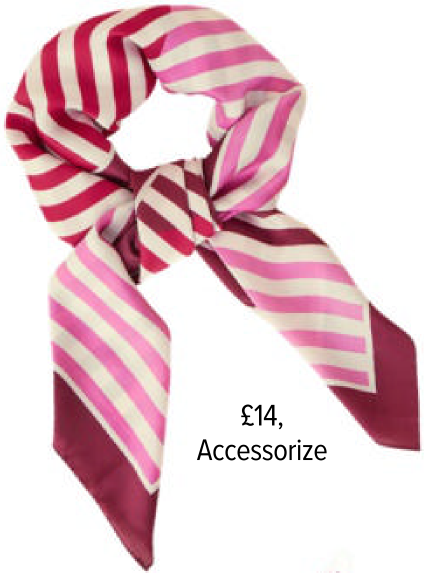
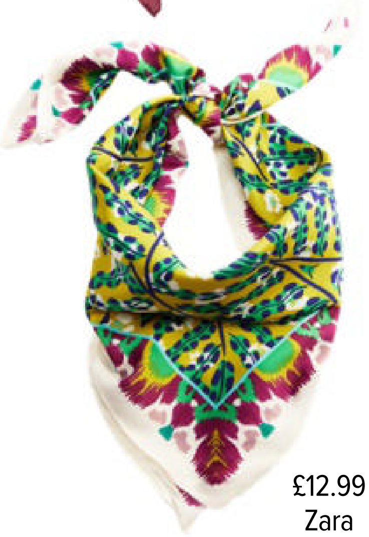
COUNTRY LIVING | HOMEBASE

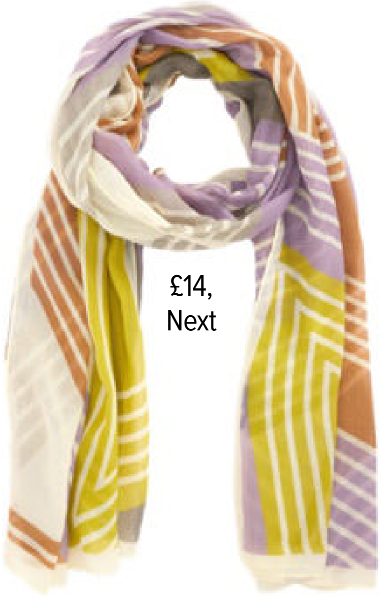
Chic & CHEERFUL

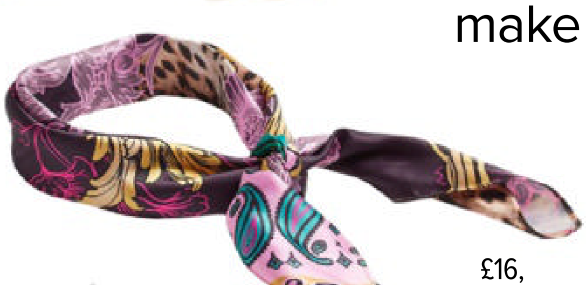
Add a bright, silky scarf to instantly make everyday outfits extraordinary

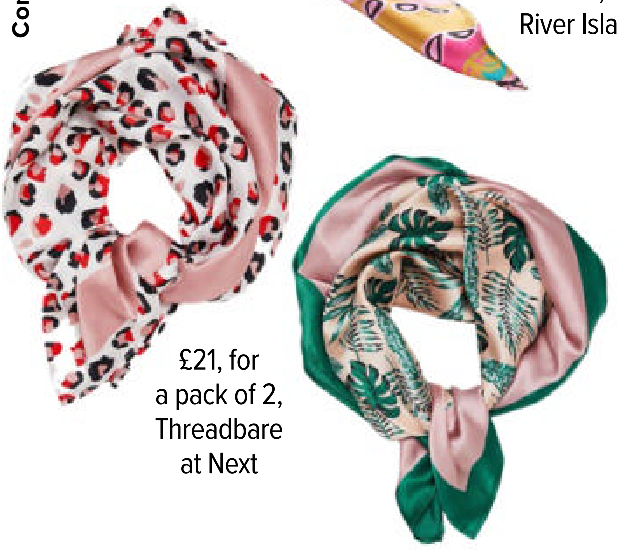
Scarf, £12; **jumper**, £29, 8-22, both Cotton Traders

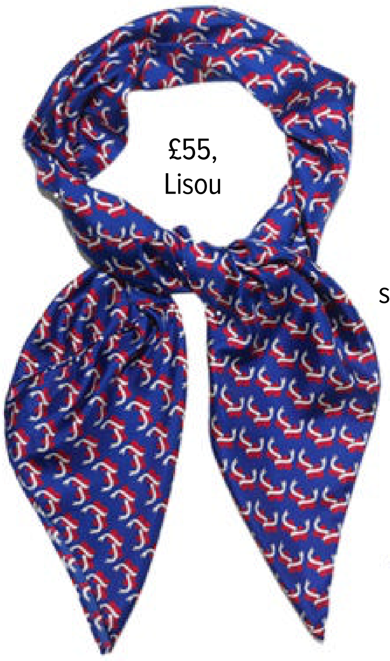

£14, Accessorize


£12.99 Zara

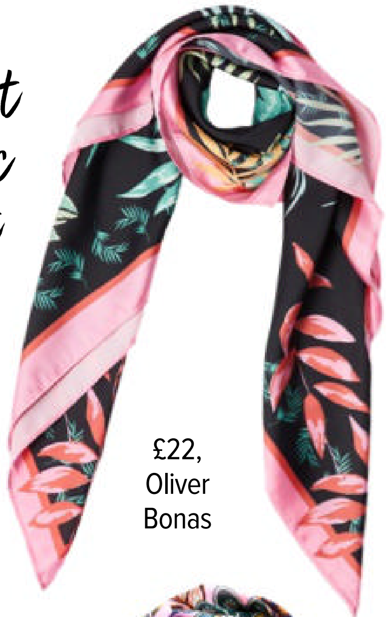

£14, Next

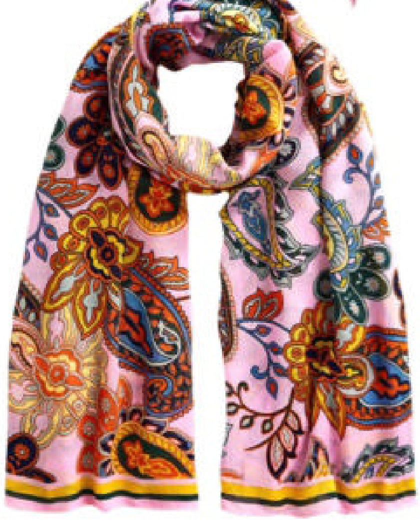

£16, River Island

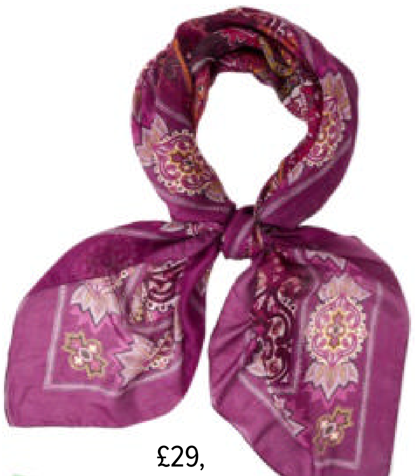

£21, for a pack of 2, Threadbare at Next

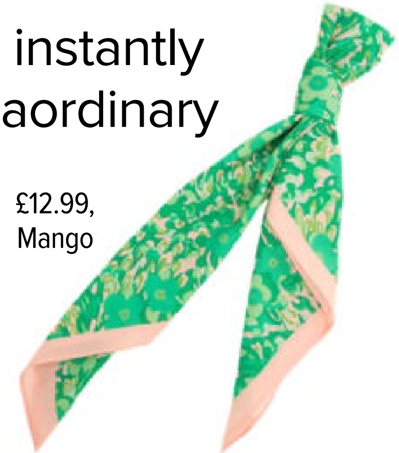

£55, Lisou

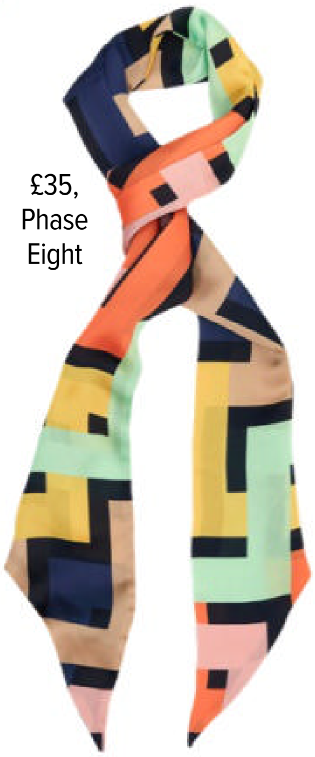
Add interest to a classic white shirt

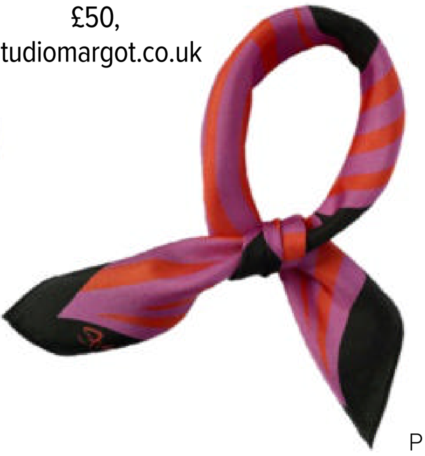

£22, Oliver Bonas


£45, Boden


£29, Monsoon


£12.99, Mango

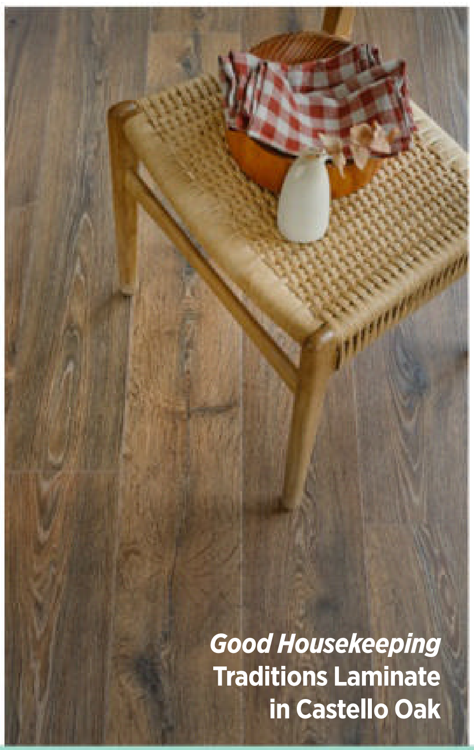

£35, Phase Eight


£50, studiomargot.co.uk

Compiled by Jo Atkinson

New traditions

Transform your space from the ground up with premium oak laminate flooring from the *Good Housekeeping* Collection at Carpetright



Good Housekeeping
Traditions Laminate
in Castello Oak

Good Housekeeping
Traditions Laminate
in Loft Grey Oak

If you fancy the beauty and character of a real-wood floor without the fuss, Traditions premium oak laminate from the *Good Housekeeping* Collection ticks every box. Available in a range of natural shades with realistic light and dark tones, each individual plank is finished with an embossed wood-grain effect, including knot detailing, for flooring that looks and feels just like the real thing.

This superb oak laminate is also incredibly durable, with built-in scratch- and water-resistance. Suitable for use with underfloor heating, it's also super easy to clean, making it ideal for busy family homes.

Quality tested and approved by the prestigious Good Housekeeping Institute, Traditions comes with an incredible 25-year wear guarantee, so you can be sure your fabulous new floor will look as good in the future as it does today.

carpetright

See the full
Good Housekeeping collection
at carpetright.co.uk/brands/
good-housekeeping

Good Housekeeping

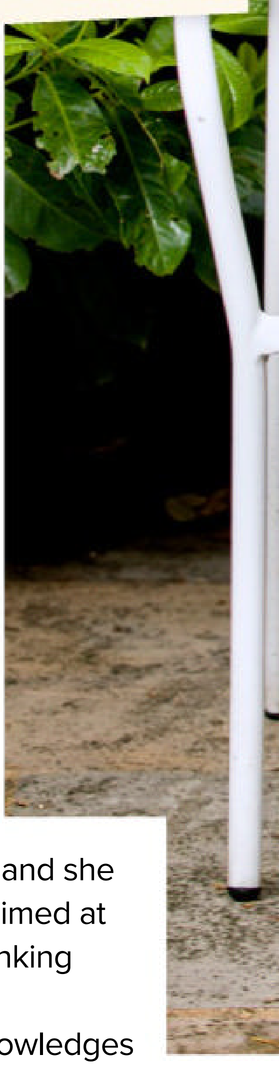
Good Housekeeping Institute
APPROVED 2022

Are you READY for your THIRD ACT?

Just like a theatre play, our lives can be seen as falling into different stages or 'acts'. The 'Third Act' is often thought of as that time when we've reached a new stage in our lives and are unsure what comes next. If you're thinking, 'Okay, what do I do now?' read on and meet the women who have embraced their Third Acts, with inspiring results...

Frances was rooted in old ways of doing things

Ta-da! A change of attitude helped her see the light



How to REPOT your LIFE

When Frances Edmonds found herself craving a new challenge, she took drastic action. Now, she has written a book to help inspire others to flourish, too

Making a major life change is daunting at the best of times, but never more so than as a woman aged 50 or over. This is a time of change anyway, as you watch children fly the nest and nurse parents through their final years, all while dealing with everything the menopause can bring. But it's also a time to seize fresh opportunities and put yourself centre-stage.

This is something Frances Edmonds recognises well. She was in her early 60s when a gardening programme on TV changed her outlook. 'Holding up a miserable-looking plant, the presenter announced, "Unless it's repotted soon, it will choke itself to death."'

'I thought, "That's me!" For some time, I'd had a nagging feeling that my efforts to flourish were going around in circles. I'd worked all over the world as a writer, conference interpreter, broadcaster, speaker and business development networker, but my work no longer enthused me. I needed "repotting".'

Moving from the London home where she had lived for more than 30 years to study in the USA was her radical solution. Arriving with two suitcases and an open mind, she moved into a small apartment in California and embarked on life as a student at Stanford University, where she studied the social and financial implications of living longer. A plaque she saw as she walked into the university seemed tailor-made for her. It read, 'Repotting: that's how you get new bloom'.

'Repotting: that's how you get new bloom'

She thrived on the change of focus, only returning to London two years later. Lockdown followed soon after, and she used the time to write a book aimed at helping others change their thinking and make things happen.

While Frances, now 70, acknowledges that moving to another country is not something all of us are able to do, she insists you can repot your life no matter where you are. 'More than ever, we all need to be willing to roll with the punches, to be curious. It's difficult to uproot things, but putting someone in a new environment, where they can flourish and learn how to do things for the first time, can give them a new lease of life.'

She adds: 'What are you waiting for – a star from the East? If not now, when?' Here's how to get started with your own unique repotting process...

Frances' top tips

1 Don't worry if you feel doubt or fear – this is normal at times of big change.

2 Don't expect to know instantly whether something is right or wrong for you.

3 Hold on to a positive vision of your future and find focus and reassurance in working through the details of your plan.

4 Seek the support of good company. This really will make all the difference.

5 Be tolerant of others and realise the impact your growth may have on them. Treat them the way you would like to be treated yourself.

IDENTIFY THE DROOP

Before you start going through the process of repotting your life, you need to recognise that something isn't working. The warning signs may be subtler than you'd expect, says Frances: 'Maybe you don't want to get out of bed in the morning, everything feels like a hassle or the things that used to give you joy no longer do. That lacklustre feeling is the first inkling that what's happening in your life is not working.'

The next stage is to pinpoint what the issue is – work, a relationship, a habit or a pattern of behaviour? 'Be as specific as you can about what it is you want to change, then work out the steps you are going to take to change it.

Carve out periods of peace and quiet to allow yourself to think calmly and objectively about what's going on.'

Don't forget...

Carve out periods of peace and quiet to allow yourself to think calmly and objectively about what's going on.

NOURISH WHAT MAKES YOU GROW

When assessing the life changes you want to make, don't just focus on the things you want to get rid of; think also about what you love, or have loved in the past, advises Frances. 'It may be something that has been put on the back burner for a long time while you've been busy with other things.' It helps to ask yourself the following questions:

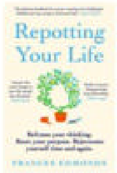
- What do you love doing so much that you'd still do it even if you weren't obliged to or being paid to?
- Which of the things you love doing could also help others?
- Which skills or character traits could be useful in your next phase?
- What gaps in your skill set might you need to address in order to make further progress?

PRUNE WHAT'S HOLDING YOU BACK

It's also worth considering the 'radiators and drains' in your life. Radiators inspire you, while drains can drag you down. Working out which camp your friends, relatives and colleagues fall into can give you the extra oomph you need to make changes. 'Moving from one stage to the next requires a lot of energy, and you don't want it to be drained by others,' says Frances. A similar philosophy can be applied to possessions. Instead of looking for happiness in the stuff you have or the salary you earn, ask yourself what it is that gives you a sense of self-worth.

AND... GROW

Pull up your roots; it's time to repot! 'Cast your net widely for ideas on where you want to be in your life. Allow your curiosity free rein and reach out to others for advice and inspiration,' recommends Frances. Give yourself some head space to plan your next move and think of all the strengths you already have that will stand you in good stead. Narrow down your ideas to three or four viable repotting possibilities. Share your thoughts with others: 'Now is the time to inform everyone who will be affected by the changes you are planning. If they might be negatively affected, take time to understand their views and negotiate with them if necessary.'



• *Repotting Your Life: Reframe Your Thinking. Reset Your Purpose. Rejuvenate Yourself Time And Again (Elliott & Thompson, £9.99) by Frances Edmonds* ➔

We're loving our

Three readers explain how they navigated fresh starts that led to their all-important next chapters

'Divorce opened up a new world'

Tracey Barr, 58, from London, found herself single and setting off on a big adventure.

'If I look back on my old life – the one I thought I wanted – I shake my head in disbelief. On the outside it seemed I had a perfect set-up: loving husband, big house, regular golf sessions, several holidays a year… textbook happy coupledom. Now, I look at photos of myself back then and cringe – I see a frumpy woman wearing old-fashioned trouser suits and a tired smile. At the time I thought I was happy; now I look at those images and realise happiness was something I had forgotten. That woman is like a greyed-out version of who I am today.

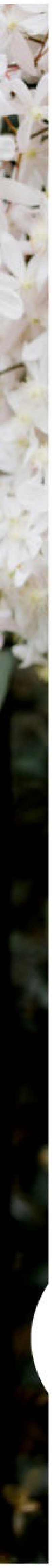
> 'I've embraced new passions, and am more confident than before.'

'I'd just turned 50 when my marriage of 10 years broke down; we couldn't make it work any more. We didn't have any kids together and the future felt uncertain. We split just before Christmas, and I felt really lost. What was I supposed to do now?

One night, alone with my laptop, I felt I needed to get as far away as possible from home. I'd loved the story of *Eat Pray Love*, in which a newly divorced woman sets off on a journey of discovery, so I started googling 'spiritual yoga retreats'. A few clicks later, I'd booked to spend Christmas at one in India! It wasn't cheap but my life had been upended and I needed to do something; this was as good as anything else.

My friends and family wanted me to stay and spend the festive season with them

NEW LIVES



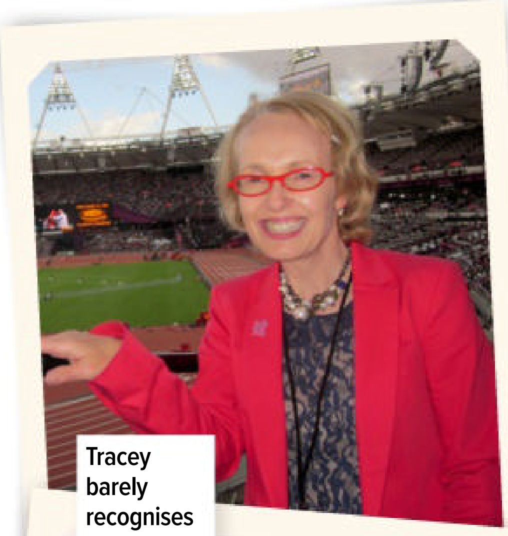
but I couldn't bear the thought of being around everyone else's happy families, and I flew out on Christmas Eve.

When I landed in Delhi several hours later, I panicked. I'd travelled solo before but never to India, and the airport was chaos. I felt alone and anxious. It took all I had not to turn tail and head home. I took a deep breath and told myself I needed to keep moving forwards. As soon as I got to the retreat, I knew I'd done the right thing, despite being emotionally and physically exhausted. The place was so calm and welcoming, I felt totally at ease.

SPIRITUAL EXPERIENCE

Booking those two weeks was the best thing I could have done. My time in India was very spiritual and I threw myself into it, swimming, meditating and practising yoga. Although there were a handful of other people there, I remained fairly solitary, only occasionally eating dinner at a communal table. I also went on a trip to a flower and candle ceremony on the River Ganges, where I lit a candle and set it afloat with some flowers to say goodbye to my marriage. I fully expected to cry, but it felt like the closing of one chapter and the start of another.

I started journalling, noting feelings about my marriage. That allowed me to reflect on how I wanted to live life as a single woman. My commitments were few: my wonderful mum, who had raised my brother, sister and me on her own, had died from ovarian cancer in her early 50s, so, unlike many people my age, I did not have her care to consider. Within reason and budget, the world was my oyster and I flew home feeling reborn.



Tracey barely recognises her old self

A trip to India inspired Tracey to change her style

'The world was my oyster; I flew home feeling reborn'

I'd always dreamed of living in a leafy part of London, so, once the marital home in Surrey was sold, I took out a mortgage and moved into a flat in Pimlico – a place I could decorate as I wanted to. It's now bursting with colours that remind me of my Indian retreat. I love that when it comes to holidays, restaurants or anything else, I don't have to compromise any more. The neat blonde bob I once had has been replaced with a brunette pixie cut; the dull trouser suits ditched in favour of colourful dresses that suit my mood.

I work as an independent business consultant (thestrategiclink.co.uk) but have also embraced new passions, such as travelling and joining a community choir. I'm more confident now than when I was married, and don't have plans to seek out a new partner. If I met someone, that would be lovely, but I've always dreamed of living and working in Paris and, as an independent woman, I can do that.

This Third Act is one I entered not really knowing how it would pan out, but now my life is just that – mine – and I love it that way.' ➜

WHAT YOU TOLD US

Here's how you *Prima* readers feel about this next stage in your lives…

'You have to give yourself time to adapt to the new situation.'
Elizabeth

'I'm hoping this "Third Act" will be the best of all. I volunteer, I have time for my hobbies and I enjoy meeting up with friends. My children have left home and my husband and I are enjoying it just being the two of us again.'
Amanda

'If you're struggling to navigate this time, try to meet people by attending adult education classes, joining a book group or volunteering. You'll learn new things and meet new people without having to make a huge effort.'
Ruby

'Be kind to yourself. Take time for you and do what you have always wanted to do. Life is so short, so don't sweat the small stuff.'
Arlene

'I had my first book published at 62'

Former GP Jane Shemilt, from Bristol, took her chance to follow new passions.

'I'm 70, but I don't feel it a bit. I think that's partly the result of my second career and the fact that I have time to swim every day. Those things definitely put a bit of a spring in your step.

With five children, ours was always a big, busy household. When my eldest daughter went to university, it felt as though the umbilical cord was snapping. It was something I hadn't anticipated, and came as a real shock. But it also made me see that life was changing. When my second daughter went away, things seemed to open up more for me because my three boys were then a tight gang. At this point I felt I was less occupied – three is a lot less work than five – and, while I was still a GP, I began to think I could possibly do something else.

At school, English had been my best subject, and throughout my life I've never gone to sleep without reading first. But I came from a medical family and, back then, you did what you ought to do rather than what you were naturally good at.

'I thought, "If I don't do this now, I may never do it."'

I now had a feeling of space opening up in my life, a space that had previously been filled by having children. I just thought: 'I'm halfway through my life; if I don't do this now, I may not do it at all.' It felt like a chance I should grab. So, aged 55, and with the encouragement of my family, I signed up for a creative writing diploma one night a week. On Tuesdays, I'd come home, throw my work bag in the corner of the room and then head off to the Department of English at Bristol University. It was like going through a wardrobe into Narnia; a beautiful new world. It was brilliant being able to discuss books, authors and how to construct

Words Mel Hunter, Lindsay Calder, Joely Carey, Bella Evennett-Watts
Photography Getty, Rill Schroer/The Telegraph, Yolande De Vries

'When I retired, I moved back to London. I'm loving it. There's so much to do, much of it free. My advice is to keep busy. Do what YOU want to do.'
Yvette

'I wish I'd been more prepared. No one tells you of the feelings of isolation, empty nest syndrome and hormonal battles.'
Sindo

'I took early retirement and now do my granddaughters' school run three days a week, walk my dog, run and can sometimes squeeze in my hobbies! I do miss my work colleagues and sometimes think about finding a part-time job just to mix with people, but I know I would hate it as my days are now filled with doing the things I want to do.'
Diane

'I love this stage in my life and the freedom it brings me.'
Julie

'I took redundancy in my early 50s and now spend lots of time with my sister and friends. I also discovered bag-making, so I have a constructive way to spend my time. I feel lucky to have my health and a supportive partner who is willing to visit new places.'
Jane

a story with plot and place – things I'd never thought about before.

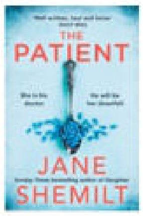
The following year, I gave up medicine and went on to do an MA in Creative Writing at Bath Spa University.

It was there that I made some great friends – my real, lasting tribe. We formed a writing group and have been meeting more or less every month since then. We meet for dinner in the house of the person who's hosting, share our work if we want to, then each discuss it in a 20-minute slot. I also have another writing group set up by one of my tutors and go to a week-long writing retreat she organises each year in Dorset.

'Studying creative writing felt like entering Narnia'

My first book, *Daughter*, which is a psychological thriller, was published when I was 62, and was the fastest-selling debut novel of the year. My fifth, *The Patient*, is out now and my next, *All Her Secrets*, is released this spring.

Would I have been a successful writer when the children were young? I think I would have found it difficult. It's certainly not too late to make a big change in your 50s. In fact, starting late means you have more experiences to draw on and channel. Writing has opened up my life in so many ways.'



- *The Patient (HarperCollins) by Jane Shemilt is out now; her next book, All Her Secrets, is out 13 April*

'I felt I wasn't useful any more; now I make an impact'

When her kids left home, Londoner Nirmal Hirani, 54, drew on her experience to take on an exciting new challenge.

'I've probably spent more time with my children than most parents. I home-schooled them for eight years, so the three of us were together every day.

My husband, Ram, and I hadn't intended to educate them at home, but our son Shiva is autistic and school just wasn't working out for him. Eventually, when he was 10, I took him and his younger sister Sahara out, figuring that if I was going to home-school, it may as well be both of them.

Before becoming a mum, I'd worked in drug and alcohol services, but I had no training in teaching. It sounds daunting, but I taught myself the syllabus – maths, physics, chemistry.

'It sounds daunting, but I taught myself the syllabus'

I was thrilled when they both did well. Shiva had grades way beyond what he'd been predicted to achieve at school and Sahara was a year ahead. We got tutors when we hit A levels and both children got places at university. But our little trio was no longer and life suddenly felt empty. I just didn't feel useful any more.

Ram said, 'You have so much teaching experience now,' and I thought, 'That's it! I want to become a teacher.'

I found out about a charity called Now Teach, which supports late-stage career changers to become teachers, and they helped arrange a school placement, training and meet-ups with other trainees.

After gaining my qualified teacher status (QTS), I did another 16 months of training before I became a newly qualified teacher (NQT). I started off at an academy in east London, teaching geography, and now do supply teaching in different London schools.

To anyone else thinking, 'What next?', I'd say, 'Think about teaching.' It can transform lives. It's good to feel that, in this new stage of my life, I am doing something that has an impact.'

- *Could teaching be your new start? Find out more at nowteach.org.uk*

'I'm 62 and will be eligible to retire when I am 66. My advice? Do your own thing! Eat the cake and buy the shoes – life is short.'
Irene

'This is a liberating time: no ties, no timetables, no deadlines. You can book holidays whenever you want. I've travelled a lot and joined u3a, an organisation for retired and semi-retired people. There are lots of interest groups, from languages to science, as well as walking and days out. I've not missed work – I'm too busy!'
Pat

'Heading towards 60, I was working full-time and commuting daily. The pandemic led to redundancy and it was very challenging. I still want to work but ageism is rife. My plans for a better work/life balance are yet to be achieved.'
Valerie

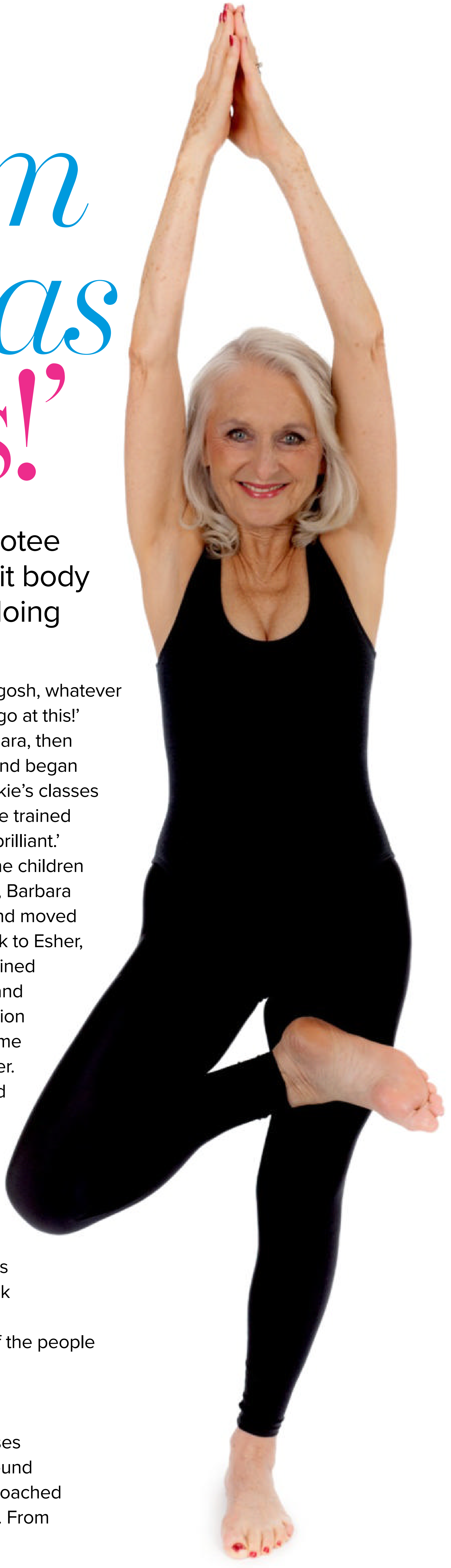
'I found it hard to adjust after retirement – I'd worked full-time for 50 years. When Covid struck, holidays and trips out were off the cards but, when life returned to normal, I volunteered in a food bank, which I enjoyed.'
Catherine

Have your say. Sign up to join our reader panel at *hearst-panel.co.uk.*

'For the first time, I'm actually getting time to do things for me!'
Dorothy

'At 80, I'm as fit as I was in my 30s!'

Think you are too old to be flexible? Yoga devotee Barbara Currie shares the secrets to her super-fit body and reveals the five moves we should all be doing



She's the godmother of yoga, having spent five decades teaching it, and now aged 80, Barbara Currie says that, thanks to the meditative exercise, she still feels as fit as ever. 'I'm still doing the same exercises I did in my 30s. I wouldn't say I haven't got wrinkles – I have! – but body-wise, I'm still the exact same shape.'

After originally training as a nurse, Barbara worked as an air stewardess for British Airways for five years, but by the time she married her husband, Gordon, and had children, Lysanne and Mark, in 1968 and 1970, the family had moved to Milngavie, a small town in East Dunbartonshire, Scotland.

'It was lovely, but I didn't know anyone at all,' she recalls. 'I wanted to make some friends while getting back in shape after having my children. I looked in the paper, and there were just two options: curling or yoga. I'd never heard of yoga, but curling looked like more housework with all the brushing up and down. So, yoga it was!'

Much to Barbara's delight, joining the class was a success.

'I arrived feeling shattered and dreary, but afterwards, I was on top of the world. It felt like I was walking on air,' she says. 'The teacher, Frankie, was in her 60s and could do every posture perfectly. She was in great shape. I thought, my gosh, whatever she's doing works. I'll have a go at this!'

From that moment on, Barbara, then aged 30, was a devout yogi and began training to be a teacher. 'Frankie's classes soon became so busy that she trained 10 of us to teach. It was brilliant.'

As well as increasing flexibility, studies show yoga can help alleviate depression, anxiety and lower back pain.

But then, when the children were school age, Barbara and her husband moved the family back to Esher, Surrey. She joined a yoga class and after one session the teacher came over to talk to her. 'She said she could see I was a trained teacher,' Barbara recalls. 'I assured her I wasn't there to spy on her, but it turned out she was actually wanting someone to take over teaching the class because she was moving back to her home in Sweden. I was hesitant at first, but the rest of the people in the class persuaded me.'

BEING DISCOVERED

Barbara began teaching classes from a local village hall and found fame when a researcher approached her about being on television. From there, Barbara released her first video, *Shape Up With Yoga*, followed by *Cellulite Beater* and *The Age Free Body*, which rocketed to number one in the fitness video charts. 'Videos weren't even really heard of then. But I quickly grew to love making them,' Barbara remembers. More videos followed, along with bestselling books.

Until the pandemic forced her to take her classes online, she was still running sessions in the same village hall where she'd started more than 40 years before.

'I do yoga every day,' says Barbara. 'I used to fit it in when my kids were sleeping, now I fit it in when I can. Whenever life gets tough, a good-old stretch and deep breathing makes you feel better. It releases tension spots, you start sleeping better and you get in great shape. Yoga helps to keep you strong.'

> 'Anyone can do it… I've had people trying yoga for the first time in their 80s'

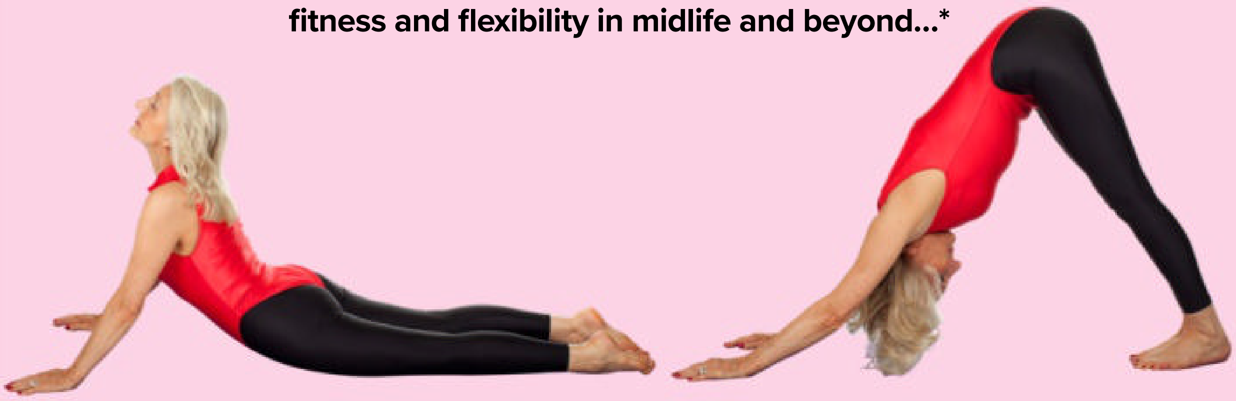
HOW TO GET GOING

For beginners, Barbara advises to go gently and never strain, saying you will improve over time. 'Anyone can do it. I've had people starting learning the moves sitting on chairs and people trying yoga for the first time in their 80s,' she says. 'Find a class you enjoy and don't worry about people who are better than you. You wouldn't imagine beginning a language class as an expert! At the end, always make sure you have time to relax. Calm down. Chill out.'

• *Visit barbaracurrieyoga.com to sign up for a yoga class, or keep up with Barbara through her YouTube channel, where she shares yoga exercise routines for all abilities, see youtube.com/barbaracurrieyoga.*

MAGIC MOVES

Barbara's five simple yoga positions to achieve fitness and flexibility in midlife and beyond…*

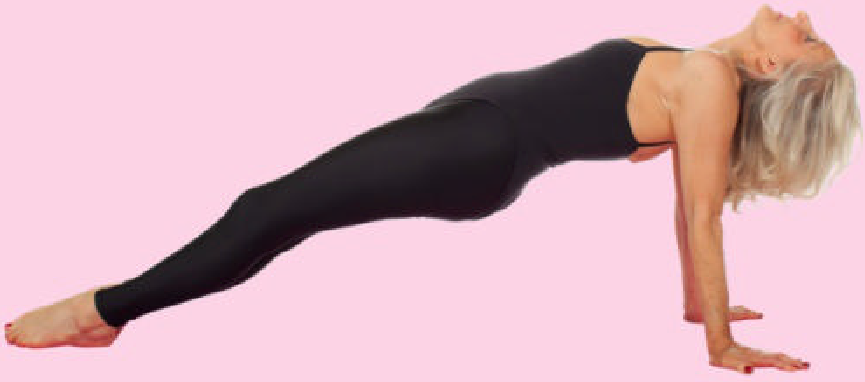


POSE OF A DOG

Increases flexibility of the spine, stretches hamstrings and calf muscles, and helps to prevent menstrual cramps and lower backache.

HOW TO DO IT:

- Lie face down on your mat. Place your hands either side of your body in line with your shoulders with your fingertips facing forwards. Place your forehead on the floor.
- Take a deep breath in, as you exhale, place your chin on the floor.
- Inhale and keeping your lower abdomen on the floor slowly lift your upper body from the floor into pose of a cobra. Stretch into the movement as far as you can without strain, drop your head back and relax in your maximum position. Exhale and hold for a count of five breathing normally.
- Inhale deeply and as you exhale tuck your toes under and, pushing down hard on your hands, lift your bottom in the air and aim to stretch your heels to the floor drawing your head down between your arms so that your body resembles an inverted "v". Hold this position for a count of five then slowly swing your head back between your arms, bend your elbows and gently lower your body to the floor. Relax, and repeat once to start with, but as your strength, ability and agility improve increase to three repeats.

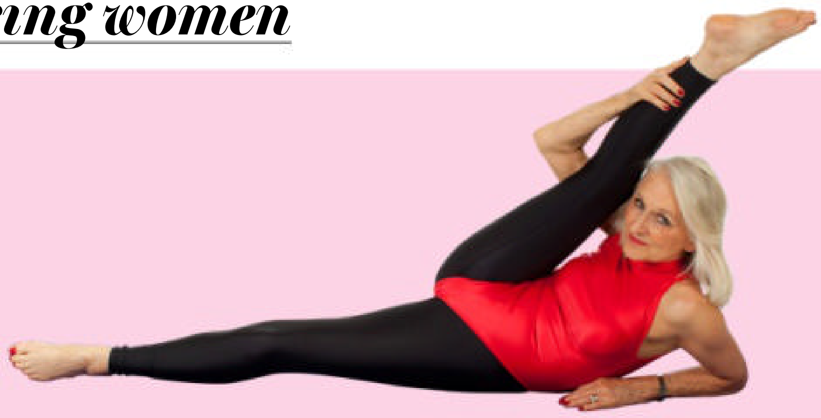


POSE OF A PLANE

This move gives your arms great shape and strengthens the wrist, hands and fingers.

HOW TO DO IT:

- Sit straight with both legs straight out in front of you.
- Place your hands comfortably on the floor behind you with your fingertips pointing backwards. They should be about a foot behind your bottom.
- Inhale, and as you exhale, lift your body from the floor and balance on your hands and toes. Ensure your legs are straight and your body is in a straight line with your head back. Hold for just a count of one to start with, increasing to 10 as you become stronger.
- Lower your bottom slowly to the floor, relax and repeat once. ➜

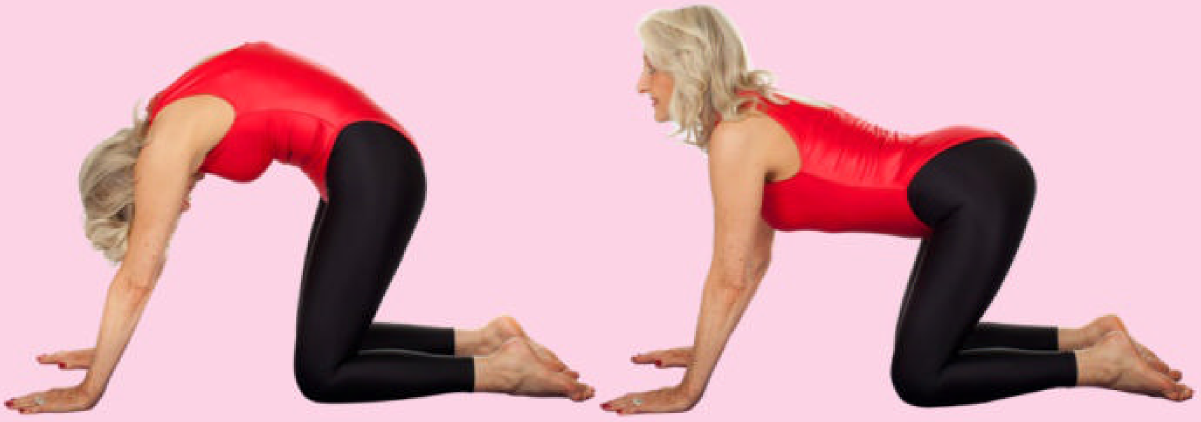


SIDEWAYS LEG RAISE

Great for ensuring the flexibility of the hips and tone of the inner thighs, this movement is also a great help in relieving lower back tension.

HOW TO DO IT:

- Lie on your right side with your body in a straight line, one leg on top of the other, and prop yourself up on your right upper arm with your elbow bent and your fingertips pointing to your waist.
- Inhale deeply and as you exhale, gently lift your upper leg and clasp it with you left hand. Without strain, draw it inwards towards your left ear. Hold your maximum position for a count of five, then gently lower your leg, relax and repeat. Perform the movement twice on the other side.



POSE OF A CAT

By practising the cat stretch you can really help an aching back. The movement will also tone and firm your jaw, throat, bottom, thighs and upper arms and strengthen your wrists and hands.

HOW TO DO IT:

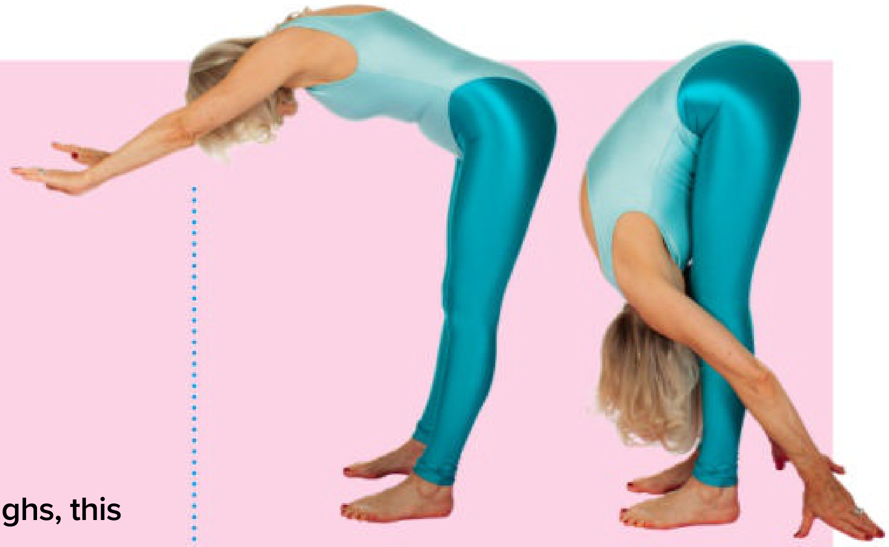
STAGE 1

- In an all-fours position, ensure that your hands and knees are about one foot apart.
- Inhale deeply and arch your body like a cat in a bad mood, dropping your head in between your arms.
- Exhale as you lift your head and look at the ceiling, at the same time, lower your back so that your bottom sticks out.
- Repeat the above sequence in slow continuous motion five times.

This alone can relieve tension and help an aching back.

STAGE 2

- In an all fours position as in stage 1, now bend your elbows and place your chin on the floor.
- Inhale and again arch your back into a hump and gently draw your right knee to your forehead.
- Exhale, lift your head and look at the ceiling and lift your right leg in the air and point your toes to the ceiling.
- Repeat the above sequence three times and then repeat with the left leg.
- Following the repetition, take a deep breath in and, as you exhale, gently lower your bottom to your heels placing your forehead on the floor in front of your knees, keeping your arms at full stretch. This is called pose of a swan.
- Stay in this position for a count of 10, breathing normally.
- Inhale and slowly return to an upright position, stretch your arms up above your head in a straight line with your palms together and thumbs crossed.
- Exhale and relax. There is no need to repeat the movement.



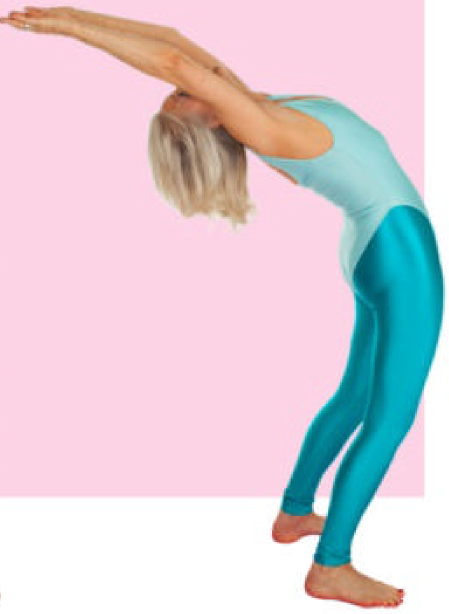
UPWARD STRETCH

FORWARDS AND BACKWARDS BEND

This revitalising morning stretch releases tension from the entire body, corrects posture and gives flexibility to the spine.

HOW TO DO IT:

- Stand straight with your feet facing forwards, about 12 inches apart.
- Inhale and lift your arms straight up above your head.
- Exhale slowly as you bend forwards, keeping your back flat and your legs straight. Don't strain. Hold the movement for a count of five, breathing normally.
- Your eventual aim is to have your hands flat on the floor and your chin on your shins.
- Inhale and slowly return to an upright position, lifting your head first and keeping your back flat and legs straight.
- Stretch your arms up above your head and, keeping your eyes on your thumbs, slowly relax backwards, exhaling in your maximum position. Hold for a count of five. Your eventual aim is a backwards arch.
- Inhale as you slowly return to an upright position. Exhale, lower your arms and relax. Repeat twice.



Words Bella Evennett-Watts. *Always take care when exercising and discuss any health concerns with your doctor before starting

'I turned 50 and ran a MARATHON'

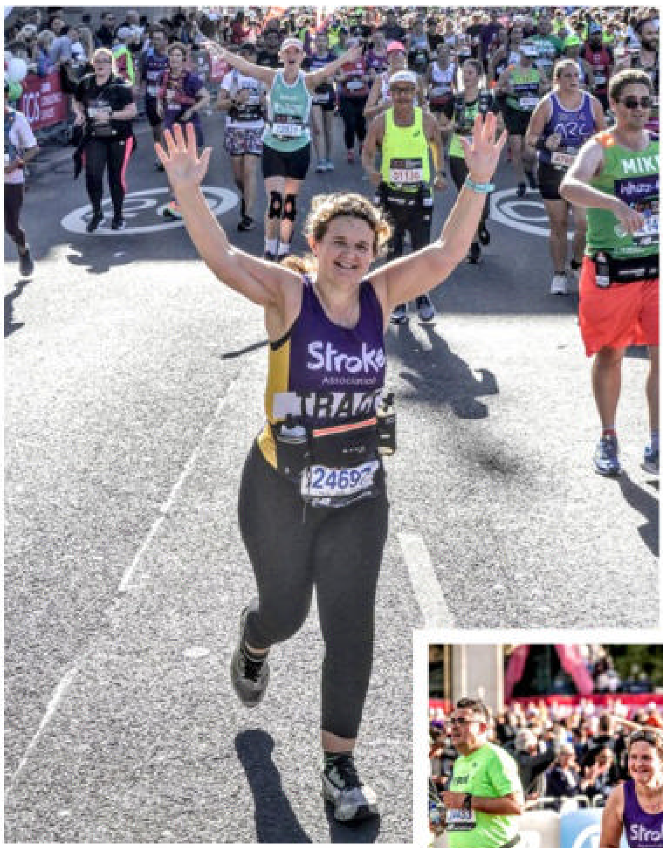
A big birthday gave author and mum-of-two Tracy Bloom, from Duffield, Derbyshire, a new goal in life

If I'm honest, when the email dropped in my inbox telling me I had a place in the London Marathon, my heart sank. Just a week before, I'd been due to run in a 10k race, but had downgraded to the 5k because I wasn't feeling fit enough. And now I was due to run over 26 miles in just six months' time!

I'd only entered because I'd turned 50 and wanted to prove myself. 'I'll show everyone I'm not past it yet,' I told my husband Bruce. But in truth, with only a 4% chance of winning a place in the ballot, I didn't think it would come to anything.

Bruce and our kids – Tom, who was then 15, and Sally, 13 – told me I could do it, but I wasn't so sure. I bought a running journal and researched training plans. Chris Evans's book *119 Days To Go* was great, and an online training plan called Running Through Menopause, by Coach Parry, felt right for me. The main principles are to run slowly (tick), build in plenty of recovery time (tick) and supplement your running with strength training.

Soon, I was running three times a week, listening to BBC Radio 2 through my headphones, and feeling fitter. I had more energy and was losing weight, which in turn made the running easier. Every goal I achieved pushed me further. I even began entering half marathons.



If ever I lacked motivation, I remembered I was raising money for the Stroke Association, a cause close to my heart since my friend Phill had a stroke in his early 40s.

As the London Marathon date drew near, I needed an extra boost, and texted the priest and presenter Kate Bottley on her BBC Radio 2 show to tell her what I was up to. When I heard Kate mention me during a run, I whooped for joy!

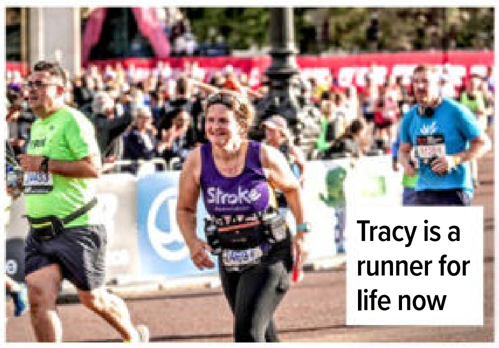
Since Covid times, the London Marathon has been held in October and, the day before the race, I drove from my Derbyshire home with Bruce and the children. After an early night, I was at the start line at Blackheath at 10.42am. A total of 42,000 people were running, including other women my age with whom I shared glances of mutual respect. Then we were off, and I thought, 'I'm actually running the London Marathon!'

Have you taken on a new challenge? Email us at prima@hearst.co.uk to let us know

There's an incredible sense of camaraderie and determination, and running over Tower Bridge and past the Houses of Parliament with everyone cheering you on is surreal.

It was especially emotional spotting my husband and kids in the crowd. Their pride in me was overwhelming.

The last two miles were tough but, finally, I rounded the corner in front of Buckingham Palace and the finish line was in front of me. It was an amazing moment crossing with a time of five hours 42 minutes. I'd also raised a total of £4,600.



Tracy is a runner for life now

The Marathon made me realise I need running in my life. It does wonders for my mental and physical health, and I'd encourage everyone to give it a go – particularly women my age. When people say, 'I can't run.' I reply, 'You *can* run; you're just not running slowly enough,' because going too fast is the easiest way to end up struggling. But my best advice is to get yourself to your local Parkrun. The people are so welcoming and there's always a great atmosphere, with the runners who finish first staying to cheer on the people at the back. And to me, that support and positivity is what running is all about.

- *The Weekend Before The Wedding (HarperCollins) by Tracy Bloom is out now*

As told to Georgia Green

Do YOU know your wow colour?

That's the shade that gets everyone saying how great you look whenever you wear it. Here, three women reveal how they found their winning colour and what happened when they wore it all the time!

Stylist Janette set fuchsia as her new trend

In the pink; wearing fuchsia lifts Janette's spirits

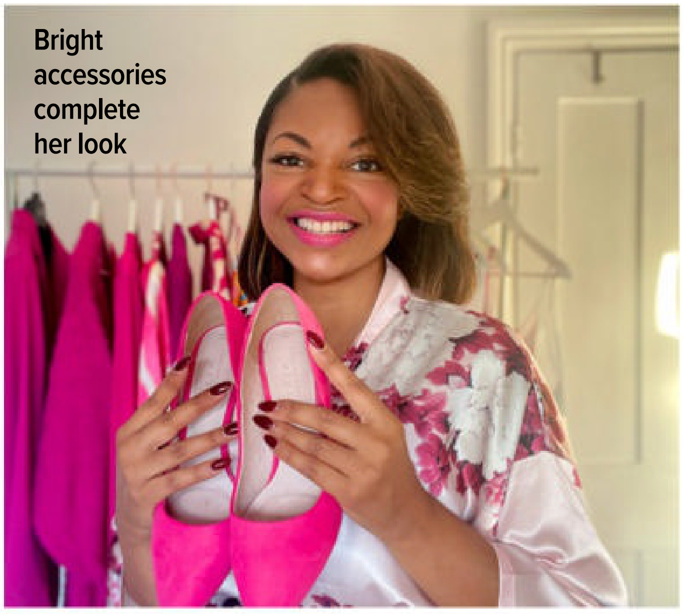
'I thought I wasn't confident enough to wear colour'

Janette Miller, 49, is a personal stylist from Bromley, Kent. She has two sons, Dominic, 26, and Christian, 13.

I am an introvert by nature, so for 20 years, I used to wear neutral colours such camel and beige; but then, when I hit my mid-40s, I gradually stopped caring what other people thought of me. It was around the same time that I also fell out of love with my job in property management and found myself wondering what else I wanted to do with my life.

My father was a bespoke tailor who owned several menswear shops, so fashion was in my background. Even though I lacked confidence in myself and played it safe with colours, I loved clothes and often got complimented on my choice of outfits. Finally, aged 45, I decided to become a stylist. As soon as I started, I thought: 'Yes, finally this is me!'

During my training, I learned about the science of colour and discovered one of the best colours for my skin tone and hair colour was fuchsia. However, I was too nervous to wear it at first, so I'd limit my hot pink to lipstick, nail polish



Bright accessories complete her look

and scarves. I thought women who wore bright colours had to be outgoing and ooze confidence.

Then, in March 2021, I was invited to a fashion event for International Women's Day. By this point, I'd had enough of playing small, so I chose a gorgeous all-fuchsia midi dress by Dancing Leopard. As soon as I turned up at the event, people told me: 'That colour really suits you.' That was a light bulb moment and I realised I didn't have to be confident to wear colour – it could be the thing that made me feel confident in the first place.

THE FUTURE IS FUCHSIA

Over the last year, I've built up my collection of fuchsia. I have about 15 key pieces with tops, polonecks, skirts and cardigans. Even my Marigold gloves for washing-up are in this shade!

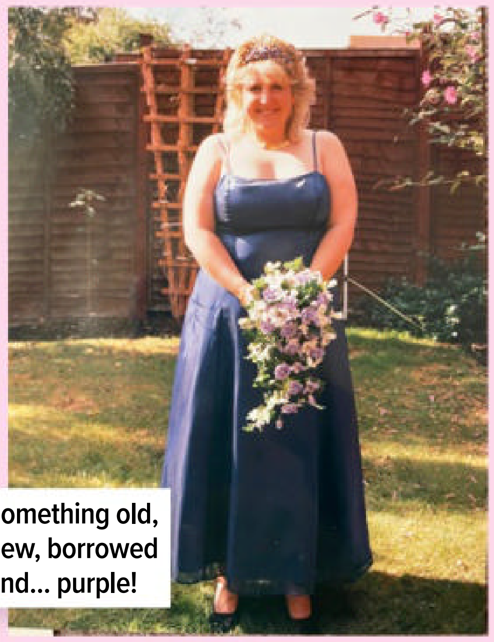
In colour psychology, it's said that fuchsia comes across as warm and trustworthy. When I wear it, I notice that people are friendlier and smile at me more. Colour also has the power to lift and change people's moods. For the last decade, I've lived with Seasonal Affective Disorder. As soon as the clocks changed at the end of October and the days got shorter, I noticed I'd feel low. Now, I ban myself from wearing the dark clothes I used to put on in winter and wear fuchsia instead – whether it's my nails, a scarf, a cardigan or the hot pink trainers I go running in.

I've spent long enough hiding. I'd say to other women that we need to stop trying to be invisible. When I wear fuchsia, I like to show other women what bright colours can do. Hot pink may not be your exact colour, but there really are brighter shades for everyone. You *can* wear your own fabulous colour and still be yourself.

• *To find out more about Janette's styling, go to janettedmiller.com*

'It's a very regal colour'

Denise O'Leary MBE, 51, is the managing director of Purpol Marketing. She is married and lives in Chippenham, Wiltshire.



Something old, new, borrowed and... purple!

From the moment I first learned the names of the different colours (aged just two), I would tell my parents that I liked purple the best. As I grew older, I'd ask for purple school bags and pencil cases; I even had a purple carpet in my bedroom. If there was a choice, I wanted purple! I can't explain my love of it – its richness and depth just felt so calming to me.

When I got to my teens and could buy my own clothes, I bought purple tops, scarves and gloves. It became so much a part of my identity that when I got married at 31, I skipped the white bridal gown and went for a purple ball dress instead. Then, I matched it with a tiara and bouquet of white and purple flowers. Luckily, my husband was okay about it and even wore a lavender-coloured tie to match.

The more I've learned about purple, the more I appreciate its associations with loyalty, royalty and creativity. It's dignified and most people feel positive towards it. I've always said the Pope and Prince (the musician) can't be wrong! I even called my marketing business Purpol.

Last year, I was awarded an MBE for services to marketing in the construction industry by Prince William at Buckingham Palace. For the occasion, I wore a purple silk dress and jacket with a purple hat I found on eBay. Even Prince William laughed when I told him how much I loved purple. 'Yes, I can see!' he said, admiring my outfit.

At home, I wear purple Crocs, have a purple car and even a purple Christmas tree. I simply never get tired of it.

From car to Crocs, purple is part of Denise's identity

Abby's fab wardrobe is orange-inal

Dressed to impress at her 60th

'It makes me think of holidays and sunshine'

Abby Knight, 60, is an event organiser and writer. She lives in Billericay, Essex, with her family.

For my 60th birthday party last year, I had a dress made in an orange Georgette fabric with a flamenco drape collar and it felt totally me. I'm not a loud person, but I am open, friendly and optimistic, so I think my love of orange reflects that. In fact, I don't remember a time when orange wasn't my favourite colour. Aged five, I had an orange dress, swimsuit and bucket and spade. For me, it summed up so many happy things like holidays, sunshine and my favourite fruit.

As an adult, it became my trademark colour, and I filled my wardrobe with clothes, shoes, bags and jewellery all in that one shade. I even bought orange underwear to match!

My husband has joined me by wearing Hawaiian shirts with orange patterns when we go abroad. It's where I end up buying most of my vibrant outfits, as the Mediterranean countries love colour and the choice is so great. I also go salsa dancing, so orange is the perfect colour to channel the tropical Latin vibes.

A lot of women can feel worried about wearing colour as they get older, but to me, it's the best way to keep yourself looking great. My biggest compliment recently came from my sister, Jodi. She said that looking at my wardrobe reminds her of being on holiday. I love that!

As told to Tanith Carey

HOW TO FIND YOUR *WOW COLOUR*

Celebrity stylist Miranda Holder has the answers...

● **COLOUR MAKES THE BIGGEST SINGLE IMPACT** when it comes to choosing what we wear. It also has the greatest power to transform. The right colour will lift your complexion and take years off you. Your eyes will sparkle, and any dark circles or fine lines will diminish. On the other hand, the wrong colour can leave you looking ruddy or sallow, it can age you or just make you look tired.

● **WHILE THERE ARE MANY METHODS TO FINDING YOUR COLOUR,** the first step is to work out whether your skin undertone (the base colour of your complexion, which affects its overall hue) is warm or cool.

● **ONE WAY IS TO LOOK AT THE VEINS ON THE INSIDE OF YOUR WRISTS.** If they look greener through your skin, you're more likely to be warm-toned. If they look blue, you're more likely to be cool-toned.

● **ANOTHER WAY IS TO REMOVE ANY MAKEUP OR FAKE TAN FROM YOUR FACE,** scrape back your hair and put on a white T-shirt so you have a completely blank canvas. Now, look at yourself in bright natural light.

● **THEN, TO FIND A COLOUR THAT SUITS YOU,** bring some bright-coloured fabrics to your face and look at what happens when it throws light back on to you. Observe the shadows under your eyes; if they're more pronounced, it's the wrong colour. Keep going until you find your 'brights'.

● **A SIMPLE RULE OF THUMB IS THAT IF YOU ARE COOL-TONED,** you need to be looking for colours that have a cool (blue) undertone. So, if you are going to go for a bright pink or red, it needs to be a cooler shade, such as berry red or a purple-y pink. Warm-toned people need warm colours with a yellow base, so that pink would be more on the coral side and the red more on the rusty orange end of the spectrum.

● **EACH COLOUR ALSO HAS ITS OWN ASSOCIATIONS,** which can affect how you feel. For example, fuchsia can give off a feminine, intuitive energy, and is a softer alternative to a more dramatic red. Orange is an energiser, and associated with success, enthusiasm and zest. Purple is a mystical colour, often associated with sensitivity, and is great to wear for creativity.

● **ONCE YOU'VE FOUND YOUR COLOUR,** try introducing it a little bit at a time with your accessories. When you've built your confidence, you can even wear it head-to-toe as a monochrome look. Far from overdoing it, this looks chic and lengthens the silhouette. It's a style hack often used by the Princess of Wales.

The Princess of Wales in regal blue

- *To follow Miranda's styling tips go to mirandaholder.london; @themirandaholder*

HOW TO FIND *(almost)* anything!

If you often find yourself turning the house upside down for missing objects, such as your keys or purse, you're not alone

Two-thirds of Britons say they 'regularly' lose things, and we spend the equivalent of two months of our lives searching for the 7.9bn items we misplace every year*. So hurrah for the science of 'findology', which uses a range of research on the most efficient ways to track down those precious objects.

Change your mindset

Often, our minds go into panic mode when we mislay something, according to Michael Solomon, author of *How To Find Lost Objects*. 'There are no missing objects,' he says, 'only unsystematic searchers.' Rather than worrying about finding your missing item, tell yourself there's a logical reason why you can't see it. Take deep breaths to calm your nervous system so the analytical part of your mind, your prefrontal cortex, keeps working instead of being overwhelmed.

THINK ABOUT TEXTURE

Can't spot what you're looking for? Sight is not the only sense you should use to locate lost objects, according to a recent study at Johns Hopkins University. Researchers found that people were able to find lost objects 20% quicker if they thought about how it felt to the touch – like whether it was hard or soft – rather than just how it looked. Study author Jason Fischer, a neuroscientist, says: 'If you are searching for a sweater in a cluttered room, you can avoid wasting time searching through the hard objects. Instead, focus on thinking about the soft ones.'

Try the 18-inch rule

Most lost objects are where they should be but have been concealed by another item, according to Michael. His research has found they tend to travel no more than an 18-inch radius from their original location, a space he calls the 'Eureka Zone'. This means the pair of scissors you're looking for are most likely shoved to the back of the drawer they should be in.

LOOK OUT FOR THE CAMOUFLAGE EFFECT

Don't be fooled; your object may be right where you thought it was, but hidden from view. Decluttering expert Janine McDonald of cleartheclutternow.co.uk says piles are often hiding lost objects – with newspapers, clothes and correspondence being the chief culprits. 'If you pile things up, you're more likely to keep adding to the pile. Soon, you have a tower and a landslide that can cover up other things, such as keys or glasses.'

'Lost objects are found 20% quicker if you think about how they feel to touch'

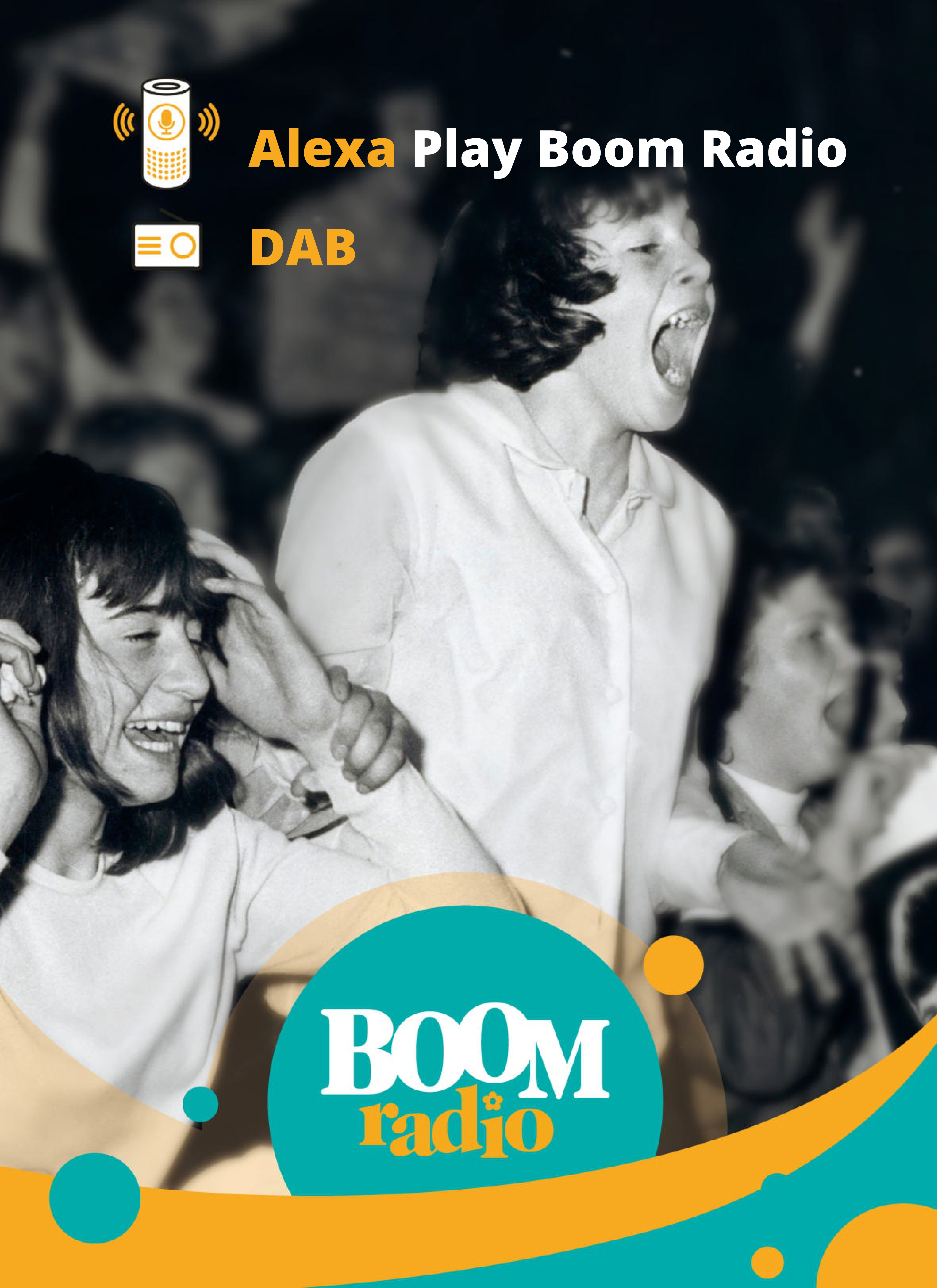
Check the clutter first

When researchers at Aberdeen University used a camera to track the eye movements of people trying to find things, they found that half the time was spent looking at tidy areas where they would have spotted the item right away. According to the study's co-author, psychologist Dr Anna Nowakowska: 'The most efficient way to find something is not to look where you don't need to look. For example, if you're looking for your keys, you should focus on the areas with the most clutter, because if they were somewhere more obvious, you would have found them by now.

RETRACE YOUR STEPS

Janine advises adopting a systematic method whenever you're looking for a missing item: 'Say you've lost your glasses; think about your day. What activity were you doing when you were last wearing them? Which room were you in? Retrace your steps and check each room in a clockwise direction. Look around at arm height first, then lower, then higher.' Michael advises checking thoroughly, but once only: 'If the object wasn't there the first time, it won't be there the second.'

Words Tanith Carey **Photography** Getty. *According to research by insurers Direct Line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BOOM
radio

Get MORE for YOUR money

We're all feeling the pinch, so we've launched our Get More for Your Money campaign to bring you expert advice and inspiring ideas to make your finances go further. Watch out for more money-saving features over the coming months and email us at prima@hearst.co.uk if you have any tips you'd like to share.

The TINNED

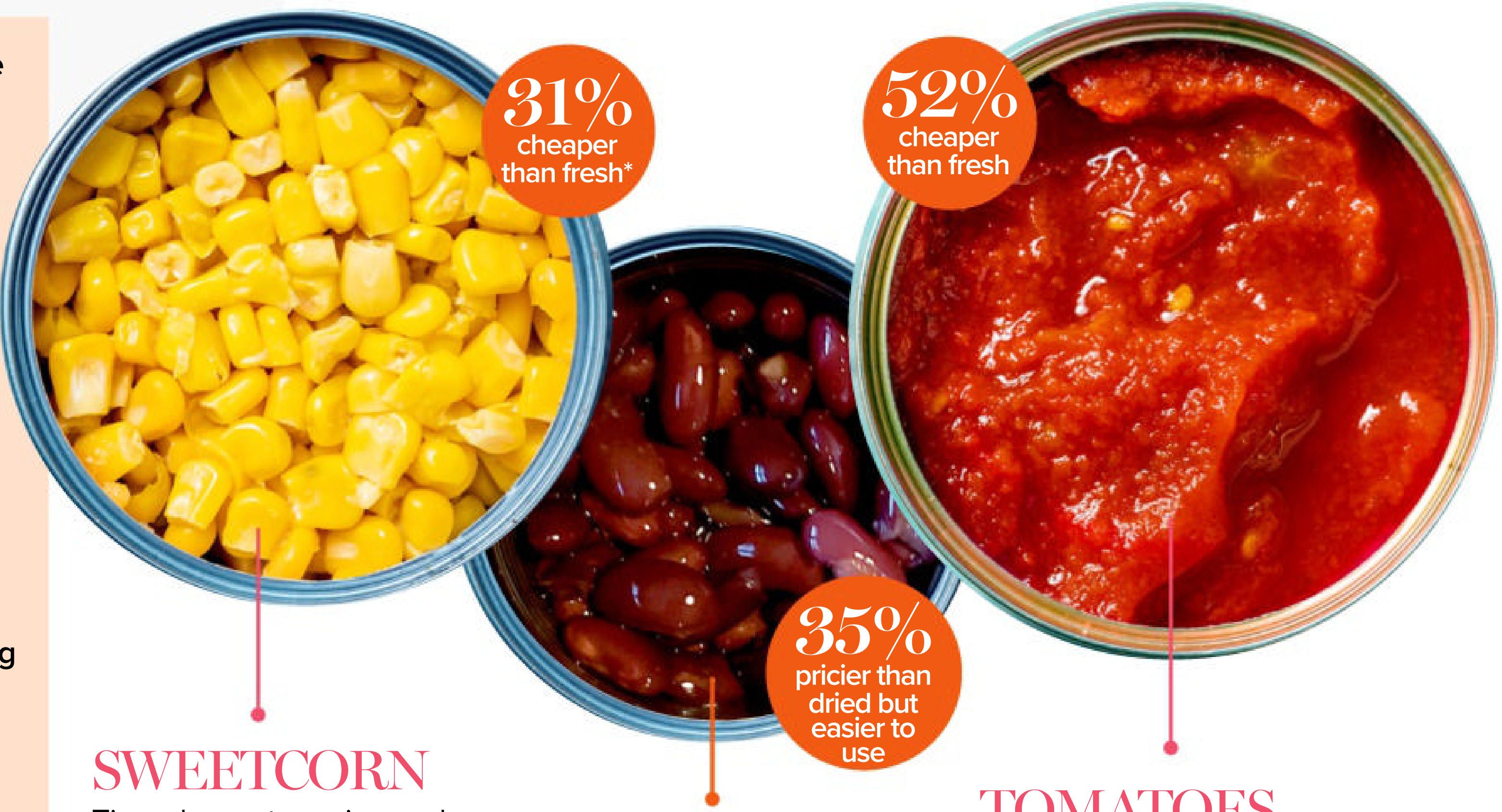
The cost-of-living crisis means cans are making a comeback. Great value and

There was a time when we only turned to tins if there was no food in the fridge. But now, convenience and lower cost means we're buying tinned food far more often. As well as saving us money, tins can help us be greener, too, as they're cheaper to transport, easy to recycle and can be kept for years without going off, meaning there's less food waste.

A tin of fruit, veg or beans also counts as one of your five-a-day; indeed, studies show that tinned veg can be richer in some nutrients than fresh produce that's been languishing in the fridge.

> 'A tin of fruit or veg counts as one of your five-a-day'

While heat-sensitive nutrients, including vitamins C and B, are reduced in the canning process, others, such as vitamins A, D, E and K, are preserved or even boosted. Nutritionist Fiona Hunter says: 'The canning process actually makes it easier for the body to absorb some of the plant vitamins and phytochemicals, as it breaks down the tough cell walls.' So, grab your tin opener and get cooking!



SWEETCORN

Tinned sweetcorn is good value because much of the weight of the fresh vegetable will be taken up by the cob. It's also more convenient, because you don't have to cook the cob and remove it. Once it was hard to find tinned sweetcorn without added sugar, but the Green Giant brand mentioned here has no added salt or sugar, a sign that manufacturers are moving in the right direction.

FIONA SAYS: 'In sweetcorn, canning actually boosts levels of nutrients such as beta-carotene because it breaks down the tough cell walls, which lock them in.'

FRESH: M&S Super Sweet Corn on the Cob 2-pack, 250g, £1.75 (Ocado)
Price per kg: £7

TINNED: Green Giant Salt Free Sweetcorn, 198g, 95p (Ocado)
Price per kg: £4.80

KIDNEY BEANS

Like most pulses, these tend to be more expensive in a tin, but for most of us, the convenience outweighs the cost because, unlike dried beans, they don't need to be soaked overnight, so you can use them straight away. In both forms, they are a good-quality source of low-cost protein, fibre and vitamins. Using them to bulk up salads, stews and curries can halve the amount of meat you need.

FIONA SAYS: 'You lose nothing when kidney beans are canned, and 3tbsp of canned beans or lentils will count as one of your five-a-day.'

DRIED: KTC Red Kidney Beans, 1kg bag, £2 (Morrison's)
Price per kg: £2

TINNED: KTC Red Kidney Beans in Salted Water, 240g, 65p (Morrison's)
Price per kg: £2.71

TOMATOES

The mainstay of many a kitchen cupboard, tinned tomatoes are always ready as an ingredient for pasta sauces, soups and stews, and are also half the price of fresh. Another bonus is that they are often packed at the peak of ripeness, and served with tomato juice, they can contain more vitamins than fresh tomatoes on the supermarket shelves.

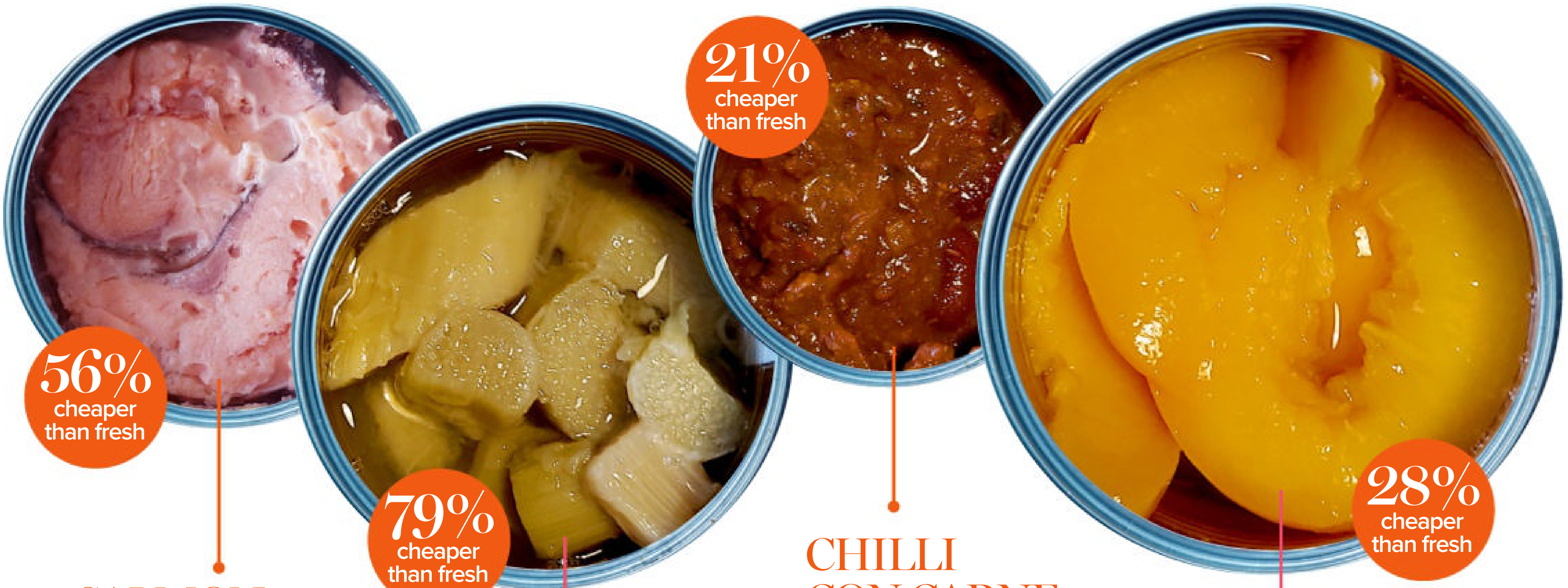
FIONA SAYS: 'While canning does reduce vitamin C and, if the tomatoes are peeled, they will have lost some fibre, canning tomatoes releases lycopene, a phytochemical that helps protect against heart disease and cancer.'

FRESH: Tesco Salad Tomatoes 6 pack, 360g, 85p
Price per kg: £2.37

TINNED: Tesco Italian Chopped Tomatoes, 400g, 45p
Price per kg: £1.13

food revolution

planet-friendly, they're also healthier than you might think. Here's why...



56% cheaper than fresh

79% cheaper than fresh

21% cheaper than fresh

28% cheaper than fresh

SALMON

Canned fish is an excellent source of affordable protein. It's easier to use than fresh and can keep for years. As well as being half the price of fresh fish, eating tinned salmon is a good way to get healthy omega-3 fats. When choosing other types of tinned fish, such as sardines or tuna, look for ones canned in water rather than brine, which is salty, or sunflower oil, which will boost the calories.

FIONA SAYS: 'Canned fish, such as sardines and salmon, eaten with its bones, is a good source of calcium that's especially useful for people who don't eat dairy.'

FRESH: Waitrose & Partners 2 Scottish Salmon Fillets, 260g, £5.30

Price per kg: £20.39

TINNED: Essential Waitrose & Partners Wild Pink Salmon, 213g, £1.90

Price per kg: £8.92

RHUBARB

Eating tinned fruit is an easy way to get your five-a-day, as the fibre and mineral content tend to be just as high as in fresh fruit, though there can be a smaller amount of some other vitamins and minerals. Fruits that are tinned in syrups can add extra sugar, so the healthier option would be those served in juice, if it's available.

FIONA SAYS: 'The vitamin C and potassium are reduced in the canning process, but if you like rhubarb, buying tins is a good way to get it, as the rhubarb growing season is short.'

FRESH: Fresh rhubarb, 400g, £3.50, Sainsbury's

Price per kg: £8.75

TINNED: Sainsbury's Rhubarb in Light Syrup, 540g, £1

Price per kg: £1.85

> Canned food in an undamaged tin can last up to three years**

CHILLI CON CARNE

According to research***, foods that can be served as complete meals are now among the most popular tinned products. While home-made would be better because you have control over all the ingredients, this tinned version of chilli con carne contains 23% beef: more than the ready meal, which has 20%. And the ready meal will only have a shelf-life of a few days, compared with the tin.

FIONA SAYS: 'The tinned version may be healthier than chilled, as it's a method of preserving food that doesn't usually need additives like preservatives. But brands can vary enormously, so it's worth checking the nutrition panel and list of ingredients.'

READY MEAL: Tesco Chilli Con Carne, 300g, £1.60

Price per kg: £5.34

TINNED: Tesco Chilli Con Carne, 392g, £1.65

Price per kg: £4.21

PEACHES

Fresh peaches are so expensive that a tinned version can cost less than the price of just one peach. Plus, you may waste less, as it's not always easy to know when a peach is at the peak of its ripeness or you end up not eating the fresh fruit in time and it goes off. The great thing about tinned peaches is that they are always ready to serve.

FIONA SAYS: 'There's less fibre in tinned peaches because you don't get the skin. But for people who have sensitive digestion and can't tolerate too much fibre, they can be useful.'

FRESH: Morrisons fresh peaches, £2.49 for three, around 500g

Price per kg: £4.98

TINNED: Morrisons Peach Slices in Juice, 220g, 79p

Price per kg: £3.59

Words Tanith Carey **Photography** Getty. Food prices correct at time of writing. *Price difference is per kilo. **Source: Canned Food UK. ***Source: Kantar World Panel

Make everything LAST LONGER

It pays to get the absolute most out of your daily essentials. Our guide to extending the life of everything, from bread to candles, will help you do just that...

TOILETRIES

SHAMPOO & CONDITIONER

Trichologist Dawn Hilton (trichologyspecialist.co.uk) says to wet hair thoroughly before squeezing a 50p size amount of shampoo into your hand. For a second wash, use no more than a 20p size. Then get your fingers under the hair and really massage your scalp for a deep clean. Squeeze out excess water after rinsing, so you don't dilute your conditioner. Apply a 5p or 10p size amount from the mid-lengths to ends, then step out of the shower to give it time to work while combing your hair – this will save on water usage, too.

PERFUME

Keep your perfumes in their boxes and don't store them in the bathroom, as sunlight and dampness can make them deteriorate. Perfumier Michelle Leivars (thesoapspongecompany.co.uk) says: 'Apply perfume immediately after a bath or shower, when your pores are open.' And perfumier Alison MacColl (@ladieslovefragrance) recommends adding a touch of Vaseline or unscented body cream to your pulse points and applying perfume on top to help it 'stick'.

MASCARA

Avoid pumping your mascara wand in and out of the tube, as this will dry it out by forcing in air. Instead, twist the wand to make sure the mascara doesn't go hard and stick to the sides. If your mascara has dried out, Illamasqua's head of artistry, Pablo Rodriguez, has this quick fix: 'Use steam from a boiling kettle to loosen the product and put some moisture back into it.' To avoid scalding your fingers, use a long pair of tongs to hold the open tube over the hot vapour.

BLUSH, LIPSTICK & HIGHLIGHTER

Pound for pound, makeup is the most expensive personal care product we buy regularly. But to save money, you don't always need separate products. Makeup artist Lucy Baker (shecoachesconfidence.com) says: 'Use your favourite lipstick as blusher. Choose a mid-pink lippy with no glitter or shimmer, swipe it across the fullest part of the cheek and use a finger to blend.' If you're a fan of cream highlighters, Lucy advises mixing in a small amount of moisturiser: 'You get the same glow but use a lot less.'

HOUSEHOLD

FLOWERS

Clean the vase with soap and water to help protect stems from bacteria and fungi. Next, fill it with lukewarm water and allow to settle for 5min, to give trapped air time to escape (as this can stop stems taking in water). Add a dash of household bleach to keep bugs at bay. Cut stems at a 45° angle so they can draw in more water, and trim off more each day. Change the water as soon as it gets cloudy.

CANDLES

To help candles last twice as long, trim the wick by ½cm and keep out of draughts, says candlemaker Louise Cox, co-creator of Kiss Air Candles. The flame will not be as big, and the wax will burn down far more slowly.

DISHWASHER TABLETS & POWDER

These can be expensive, but you can get by with only half a tablet, especially if you keep the inside of your dishwasher free from grease, limescale, and calcium deposits so the detergent works better. Experts at dishwashing liquid maker Finish also say it's possible to supplement some of your dishwasher powder with cheaper baking soda, although it is not as powerful.

PETROL

The average cost of filling a tank hit £100 last year. But there are ways to make your car go further on less. By driving at an even speed and not accelerating or braking hard, you will get more miles to the gallon, says motoring expert Gareth Roberts (leasecar.co.uk). The RAC says cars are most efficient at 45-50mph, while other eco-driving tips from Gareth are to clear out any extra weight and keep tyres inflated to the recommended level for your vehicle.

FOOD

BANANAS

Bananas give off a hormone called ethylene to help them ripen, which will cause fruit next to them to ripen, too. So keep them separate (not in bunches) in a cool, dry place, advises Dr Matt Baker, lecturer in human nutrition at Bath Spa University. If they do turn brown and mushy, you can use the skins, says food waste expert Emilie Vanpoperinghe (oddbox.co.uk). 'If bananas ripen well, the skin will be thin and sweet. Wash them well and use the skin in cakes or smoothies for extra fibre.'

BREAD

Keep your loaf from drying out or turning stale by resealing the bag tightly as soon as you open it, and leave the crust at the end of the loaf, says Alison Ordonez of Roberts Bakery (robertsbakery.co.uk). Wipe the inside of your bread bin, too, to get rid of mould spores. If you have more bread than you need, pop it in the freezer in its packaging or an airtight container. It's easily defrosted in the toaster, says Alison.

DAIRY

Lowering the temperature in your fridge will help milk, cheese, yogurt and cream last longer by slowing the growth of bacteria, advises Dr Baker. 'Make sure the fridge is between 1°C and 5°C and remember that most dairy products freeze perfectly well for at least a month. In general, the harder the cheese, the better it will keep. Yogurt, cream, milk and soft cheeses can be frozen before their use-by date and used for cooking.'

VEGETABLES

Pop a paper towel at the bottom of your veg drawer to soak up moisture that will make the contents decay quicker. Veg look wrinkled? They still have nutritional value, so don't throw them away. To revive withered carrots, spring onions, celery and rhubarb, put them in a bowl of ice-cold water for 1hr. And turn peelings into vegetable crisps, says Emilie from Oddbox: 'Rinse and pat dry, put in a roasting tray with a drizzle of oil, salt and cumin or smoked paprika. Then roast in the oven until crispy.'

Words Tanith Carey **Photography** Getty, Alamy, istockphoto, Maybelline/Pixeleyes, Kiko/Spring Studios, Matilda Goad

Turn your *trash* into CASH

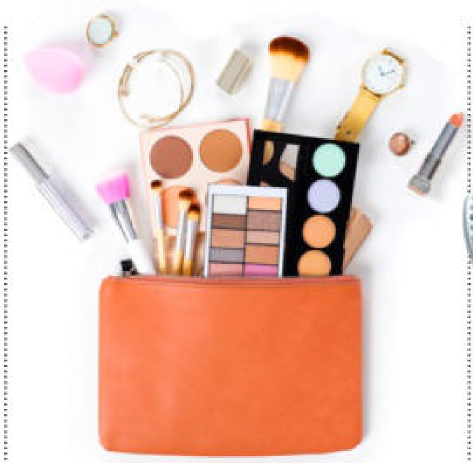
From old clothes and makeup to gadgets you no longer need, our Financially Fabulous team shows you how to get rewarded for recycling

CLOTHES YOU NO LONGER WEAR

If you're a My John Lewis member, you'll get a £5 fashion and homeware voucher to use in store that day when you drop off five or more items of clothing and spend more than £20. Its FashionCycle scheme accepts most items, but not underwear, swimwear, baby vests, towels, bedding, footwear and nightwear.

H&M allows you to hand in clothes from any brand in any condition to receive a £5 voucher to spend on your next purchase in store or online.

Anyone can drop their old clothes into a Shwop box at Marks & Spencer, which will then be recycled through Oxfam. If you're signed up to the Sparks scheme, you'll get a reward when you donate.



MAKEUP AND SKINCARE PACKAGING

Old eyeshadow palettes and spent tubes of toothpaste aren't generally accepted in local authority recycling collections. But, if you sign up to the Recycle at Boots scheme (register at boots.scan2recycle.com), you can drop off many hard-to-recycle items that the retailer sells at more than 700 of its stores.

For every five items you drop off (scan the QR code on the recycling bin from the scan2recycle website), you'll receive a voucher to earn 500 Advantage Card points (worth £5) when you spend £10. It's valid for two days.

John Lewis & Partners runs the BeautyCycle scheme, which allows My John Lewis members to recycle their empty products to receive £5 off a beauty purchase.

OUT-OF-DATE TECH

Around 45% of us replace our smartphones at least every four years*, but what do you do with your old one? If there's unused tech lying around your house, you may be able to recycle items for cash or vouchers – even if they don't work any more!

At the time of writing, Carphone Warehouse was offering £90 in cash for a working 64GB iPhone 8 Plus and £20 for a damaged one. A similar trade-in with Apple could earn you up to £100 in Apple vouchers.

Amazon lets you trade in old phones, tablets and speakers in exchange for a gift card — we were offered £102 for the same iPhone 8 Plus.

> Last year, one in five Brits swapped belongings for cash or an upgrade; phones and clothes are among the most traded-in items.

HOW TO PREPARE YOUR DEVICES

We all store a lot of personal information on our phones and tablets, so it's important to remove this from your device before you send it to be recycled or donated.

Start by removing your SIM card and microSD card if there is one. Then, if you have an iPhone or iPad, make sure you sign out of iCloud (in Settings), as you're probably using this to store photos, documents, emails and other personal information.

All devices should have a Factory Reset tool that will wipe all of your documents and contacts from your device. On an iPhone or iPad, open Settings, General, and then scroll down to Reset. Then tap Erase All Content and Settings. If you have an Android phone or tablet, open Settings, tap System and then Advanced. Then click Reset Options and Delete All Data (Factory Reset).

FINANCIALLY Fabulous For money-saving tips, news and brilliant advice, sign up to our fortnightly newsletter at prima.co.uk/ffnewsletter

Words Molly Greeves, Carrie-Ann Skinner, Emilie Martin **Photography** Getty *YouGov

stars
restaurant & bar

A BRILLIANT NIGHT OUT

prima TREATS FOR YOU!

YOU CAN ENTER FOR FREE ONLINE!

See Sophie Okonedo as Medea

Dinner and a show!

@sohoplace is a state-of-the-art new theatre in London's West End: the first to be purpose-built there in 50 years. To celebrate, five readers will each win a bumper prize worth £200! You'll see *Medea* starring Sophie Okonedo – its complexity and contradictions will have you on the edge of your seat – and dine pre- or post-show in Stars, the theatre's restaurant and bar. Visit sohoplace.org for more info. Enter for free online at prima.co.uk/treatsfeb23. Call 0905 789 1009 (80p per min plus your network access charge)*. Text PRIMACOMP1 to 88833 (£1.50 plus your network charge)**. Leave your name and address when entering.

TERMS & CONDITIONS Prize is valid for weekday performances until 14 April 2023, subject to availability. Includes two tickets plus two-course set menu for two with two glasses of house wine. No cash alternative. Travel and accommodation are not included.

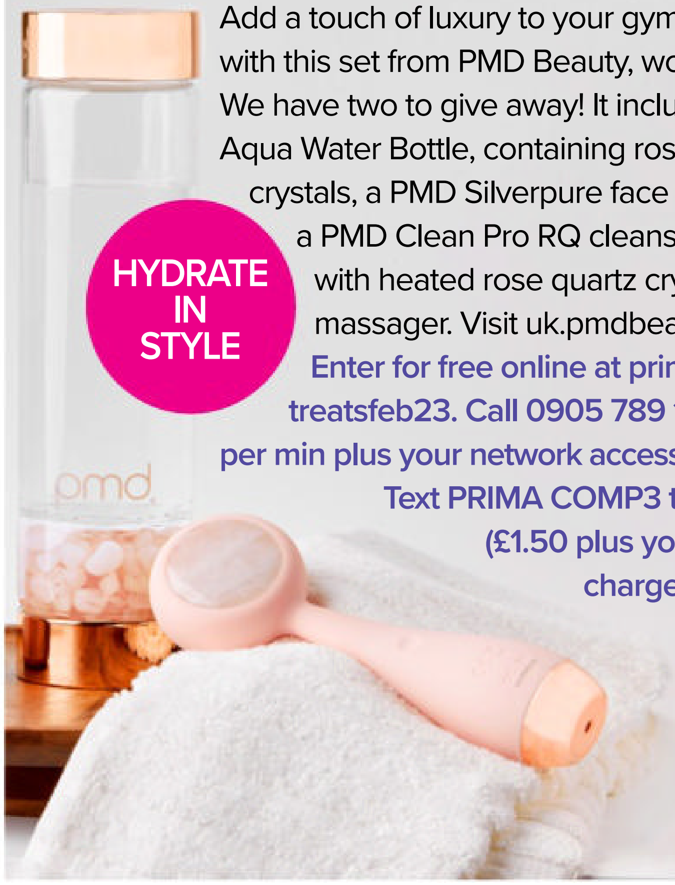
A Moonology reading & diary

Moonology
Diary 2023
Yasmin Boland

BE IN TUNE WITH THE MOON

Work with the powerful energies of the Moon in 2023, with the help of a *Moonology Diary* (Hay House UK, £12.99) by our super astrologer Yasmin Boland. Discover how to embrace the magic of New Moon wishing and Full Moon forgiveness and find the best time to focus on finances, romance and much more. We have 24 diaries to give away, plus our first prize-winner will win a Moonology reading with Yasmin, worth £250! Visit yasminboland.com. Enter for free online at prima.co.uk/treatsfeb23. Call 0905 789 1010 (80p per min plus your network access charge)*. Text PRIMACOMP2 to 88833 (£1.50 plus your network charge)**. Leave your name and address when entering.

Beauty goodies



HYDRATE IN STYLE

Add a touch of luxury to your gym routine with this set from PMD Beauty, worth £252. We have two to give away! It includes a PMD Aqua Water Bottle, containing rose quartz crystals, a PMD Silverpure face cloth and a PMD Clean Pro RQ cleansing device, with heated rose quartz crystal massager. Visit uk.pmdbeauty.com. Enter for free online at prima.co.uk/treatsfeb23. Call 0905 789 1011 (80p per min plus your network access charge)*. Text PRIMA COMP3 to 88833 (£1.50 plus your network charge)**. Leave your name and address when entering.

HOW TO ENTER: Visit prima.co.uk/treatsfeb23, call the 0905 number, or text PRIMACOMP followed by the number of the giveaway you wish to enter, then a space and your contact details, to 88833 (£1.50) by midnight, 24 February 2023. For example: text PRIMACOMP1 Jane Smith, 1 The Cottage, London AB1 2CD. *Calls cost 80p per minute plus your telephone company's network access charge and will last no longer than two minutes. **Texts cost £1.50 plus your usual network operator rate. Lines close midnight, 24 February 2023. If you phone or text your entry after the advertised closing dates, you will not be entered but you will be charged. You must be 18 or over and have the bill payer's permission. Please leave your full name and address details when entering. Winners will be selected at random after the closing date. SP: Spoke, 0333 202 3390. DATA PROTECTION: We will use the information you provide to process your competition entry. For our privacy notice, please see hearst.co.uk/privacy-notice.

Compiled by Jacqui Bartley

Ask prima

Got a tricky question or need some advice? Our experts have the answers, so go ahead and ask us anything!

SHOW HOME

Keep things tidy to clinch a sale

Q WHAT ARE THE DOs AND DON'TS FOR SHOWING MY HOME OFF TO BUYERS?

A 'Choose a great estate agent rather than the cheapest,' says Jonathan Rolande, property valuer at housebuyfast.co.uk. 'A good agent has a list of waiting buyers, and is more likely to get the sale to stick rather than falling through. Also, keep your property tidy and decluttered. Put rooms back to their intended use – so, if there's a dusty home gym in bedroom three, get rid of it! And get some colour in the garden, even if it's winter.'

If you have a question for our experts, email us at: prima@hearst.co.uk, marking your message Ask *Prima*

DRYING TIMES

Q **I want to avoid using my tumble dryer; how can I dry clothes around the house?**

A 'If you can afford the initial outlay, a heated clothes dryer (such as the John Lewis & Partners 3-Tier Heated Indoor Clothes Airer, £100) uses far less electricity than a tumble dryer,' says *Prima*'s homes product tester, Blossom Boothroyd. 'If you're using a standard clothes horse, put it in a ventilated space, preferably next to a window, and space clothes out well. Also, using a dehumidifier will dry things quicker and remove moisture from the room.'

Don't crowd a clothes horse

Prepare for job success

INTERVIEW SKILLS

Q **I'm looking for part-time work but it's been years since I had a job interview. Help!**

A 'Research the company via its website, social media and online reviews,' says Elizabeth Openshaw of Open Door CV Expertise (elocvconsultant@gmail.com). 'Practise answers to common interview questions, such as why you want to work there and what your strengths are; match your outfit with the company's culture; and walk into the room with a smile.'

COUNT YOUR CHICKENS

Q I'M THINKING OF GETTING SOME HENS FOR A STEADY SUPPLY OF EGGS. WHAT DO I NEED TO KNOW?

A 'Keeping hens is so rewarding, not only for the daily supply of fresh eggs, but also for the joy they bring to the garden,' says Johannes Paul from pet-house makers Omlet (omlet.co.uk). 'Chickens are highly sociable, so keep at least three. You can expect two eggs a day from good layers, such as the Rhode Island Red or Sussex. To keep your hens safe from predators, choose a sturdy coop that's well insulated and easy to clean. No-maintenance models, such as our Eglu Cube, make it easy to get started.'

CRUMB FREE

Q What's the best way to clean a toaster?

A 'It's best to clean your toaster weekly, because burnt breadcrumbs can prevent toast cooking evenly, or even cause a fire,' says *Prima*'s home products tester, Blossom. 'Firstly, turn the toaster upside down and shake out any loose crumbs. Then, use a pastry brush or toothbrush to clear any remaining crumbs from the interior components. If you have a removable crumb tray, take this out and soak it in warm soapy water. Wipe down the exterior with soapy water and dry with a microfibre cloth.'

prima APPROVED 2023

Tried & Tested

ELECTRIC BLANKETS AND THROWS

For cosy, energy-efficient warmth this winter, invest in an electric blanket. We tested 12 and these are our best buys.

BEST ELECTRIC BLANKET

Dreamland Anti-Bacterial Heated Underblanket, £55, Argos

The most energy-efficient blanket we tested, this used a mere 2.7p of electricity to run on its lowest setting for eight hours, so you can enjoy a toasty night's sleep for less. It heated evenly in only 10 minutes, and felt soft to sleep on.

BEST ELECTRIC THROW

Beurer Cosy HD75 Heated Blanket, £83.99, Amazon

One to keep you warm on the sofa, this offers great heat distribution and easy-to-use controls. Plugging it in for three hours at a time will add just 4.4p to your energy bill, based on our testing. It also washed well and dried quickly.

BEST DUAL-CONTROL ELECTRIC BLANKET

Silentnight Yours & Mine Dual Control Electric Blanket, £55, Argos

Separate heat zones mean you and your partner can sleep at different temperatures. It's also machine washable. However, both controls must be plugged in, making it costlier to run – 52p for eight hours on test.

prima Getting Greener

HOW CAN I STOP RECEIVING JUNK MAIL?

'A staggering 17.5bn pieces of junk mail are produced in the UK every year, using 550,000 tonnes of paper, and it's estimated that at least half ends up in landfill, taking up to six weeks to decompose,' says Timothy Holman of energy auditing agency TEAM Energy. 'Reduce the amount of junk mail you receive by registering online with schemes such as Your Choice and the Mailing Preference Service. You can also contact Royal Mail to ask it to stop delivering leaflets. And don't consent to third-party contact when online shopping. Finally, make sure you pop unwanted mail in the recycling so it doesn't end up in landfill.'

Words Sandra Walsh **Testing words** Hannah Mendelsohn **Testing** Blossom Boothroyd **Photography** Getty

MAKING LIFE SIMPLE FOR THE MODERN WOMAN

Subscribe to the digital edition of *Prima* magazine for instant access to advice on how to look and feel your best, time and money saving solutions, quick and easy food, beautiful homes and gardens, and above all everything you need to get the most out of life.

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GO DIGITAL

DELICATE *florals*

Dreamy summer dressing doesn't get prettier than layers of chiffon and romantic florals.

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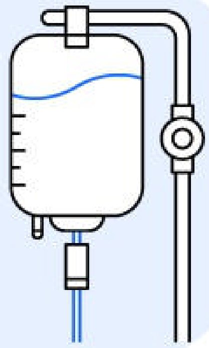

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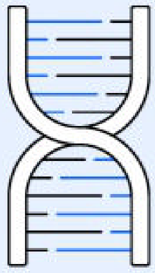
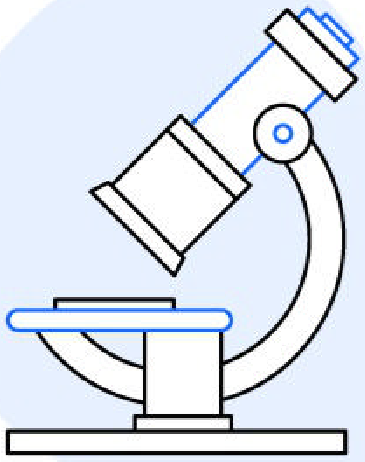
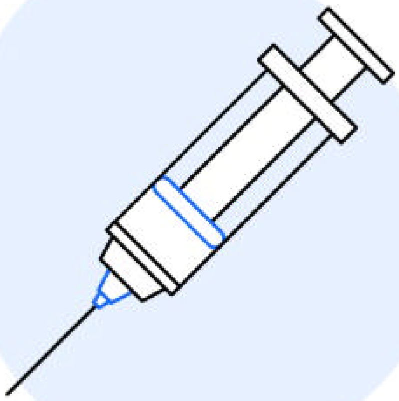






THE HEALTH breakthroughs FOR 2023

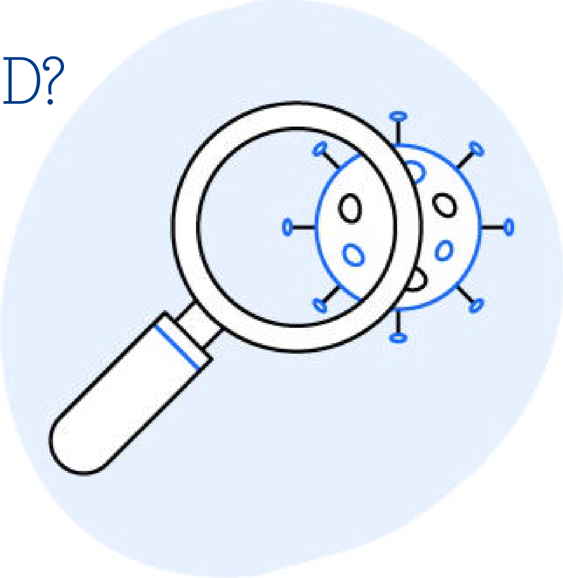
At a time when it can seem there is little in the way of good news, let's hear it for the experts who are helping create a brighter future. We've rounded up the developments we can expect over the coming year

HIGH-TECH HEARTS

Researchers in Edinburgh have developed an algorithm using artificial intelligence (AI) that can diagnose heart attacks with more accuracy. The tool (CoDE-ACS) combines patient information with blood test results to produce a heart attack 'score'. Studies, funded by the British Heart Foundation, found it can rule out a heart attack with 99.5% accuracy, compared with 49.4% with current tests – and its performance is consistent in men and women. Women who have heart attacks are 50% more likely than men to receive a wrong initial diagnosis, so this could help close the 'gender gap'. It's scheduled for roll-out in emergency departments across Scotland by mid-2023, with the rest of the UK to follow.

Another AI tool, expected to be adopted in NHS locations this year, can detect heart disease at record speed. It delivers an analysis of an MRI scan in 20 seconds, compared with the 13 minutes or more it takes for doctors to manually analyse images. It's also 40% more accurate at detecting changes to heart structure and function, and could free up the time of healthcare professionals. Around 120,000 heart MRI scans are performed in the UK annually, so this may save around 3,000 clinician days a year.

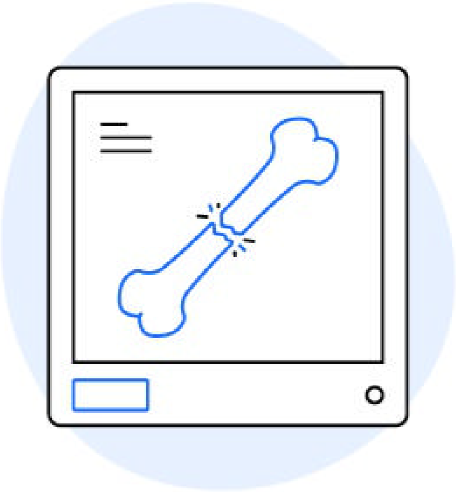
SO LONG, LONG COVID?



There could be much-needed relief coming to those still suffering from breathlessness, fatigue and other symptoms long after testing positive for Covid-19. The STIMULATE-ICP study, led by University College London, is expected to report its results in 2023, which aim to improve diagnosis, treatment and rehabilitation for the estimated 2m people in the UK living with long Covid.

Dr Deepak Ravindran, long Covid expert and author of *The Pain-Free Mindset*, believes the study is significant: 'The outcomes are expected to include newer drugs for heart rate control, the use of inhalers for breathlessness and sometimes the use of antihistamines. This will also benefit other conditions such as ME.'

As for beating Covid itself, will we ever stay ahead of this frequently mutating virus through vaccination? Dr Ravindran remains positive. 'The World Health Organisation is hopeful that with our better understanding of immunology and Covid-19, we will have a pan-coronavirus vaccine soon,' he says – essentially one that works on many different strains.



BONE DISCOVERY

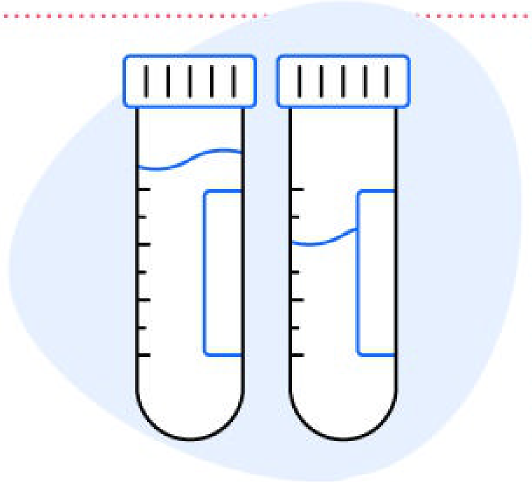
Scientists developing new treatments for osteoporosis will be busy this year poring over the results of a recent American study. Findings from the University of Pennsylvania identified a specific protein (IFT80) as crucial to controlling populations of osteoclasts, the cells responsible for breaking down bone. The discovery of this new protein could lead to the development of more effective treatments to counter bone loss.

DRUG TO HELP CONSTANT COUGHS

A new drug could soon be available to sufferers of chronic cough – of which two-thirds are women. Findings of the global trial (published in *The Lancet* in 2022) discovered gefapixant reduces a person's coughing by up to 60%, with 70% of those taking it experiencing some form of relief, such as better sleep.

Professor Surinder Birring of King's College Hospital, who was involved in one phase of the global trial, described gefapixant as 'a game-changer for patients with chronic cough. It could be the first new drug [in this field] to be approved for over 50 years.' The drug is being assessed by UK regulators, and could be approved for everyday use later this year. ➜

'Two-thirds of chronic cough sufferers are women'



BREAST CANCER BLOOD TEST

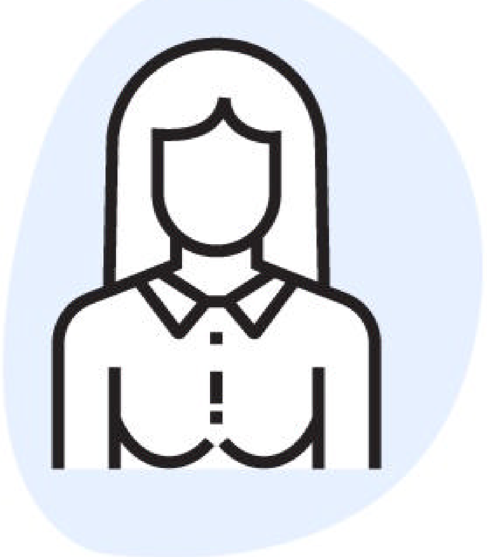
Imagine if a simple blood test could diagnose breast cancer and determine the best treatment to beat it. The results from a new trial, funded by donors to Stand Up To Cancer, could herald this future for breast cancer detection and care.

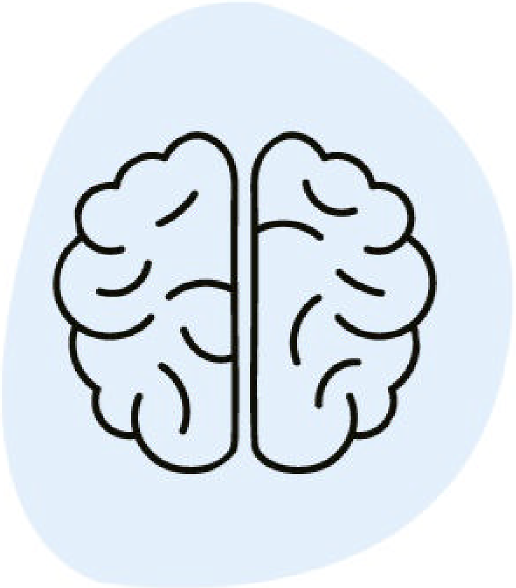
The plasmaMATCH trial tested the effectiveness of a liquid biopsy – a cutting-edge diagnostic technique allowing doctors to examine blood samples for fragments of DNA that have come from a cancerous tumour. These bits of DNA give clues as to which specific mutations a tumour carries. This less invasive detection method can even be used if cancer becomes more advanced.

'Doctors can analyse fragments of the cancer's DNA using a small sample of blood,' says Caitlin Astbury of Cancer Research UK. 'They can then use the information to offer women treatments tailored to their disease, giving them the best chance to beat it.' Final results are expected in the next few months.

TESTOSTERONE MENOPAUSE BOOST

Though we commonly associate it with men, testosterone is a vital hormone in women's bodies, too – and testosterone treatments could be particularly beneficial during the menopause. It has already been proven to help with low libido, with anecdotal evidence suggesting it can also be helpful for other menopausal symptoms, including poor memory and fatigue. However, there is currently no testosterone treatment for women approved for use on the NHS (there is either a lower dose of the male treatment or Androfeme, a testosterone cream only available on private prescription). The Menopause Charity is calling for a licensed testosterone treatment for women to be made available urgently, so it could be coming to the NHS in 2023.





'This new drug successfully slows cognitive decline'

PUTTING THE BRAKES ON DEMENTIA

The results of the lecanemab drug trial (posted in late 2022) found it to be the first Alzheimer's drug in a generation to successfully slow cognitive decline.

'This drug not only removes the build-up of a protein called amyloid in the brain but has a small but statistically significant impact on cognitive decline in people with early-stage disease,' says Dr Susan Kohlhaas, director of research at Alzheimer's Research UK.

The drug is being fully assessed by regulators, with the charity urging the Government to ensure its Dementia Mission focuses on preparing the NHS for a roll-out as quickly as possible.

WELLBEING TRENDS TO WATCH

THE TECHY FUTURE: VIRTUAL REALITY WORKOUTS

Commonly used by gamers, virtual reality is expanding into the fitness world. Buy the VR Meta Quest 2 Headset (£399, John Lewis & Partners) and download one of the many fitness apps, and your workout can be lifelike or pure fantasy – all from your own living room.

THE SUPER INGREDIENT: ASHWAGANDHA

This Ayurvedic herb could reduce stress, enhance brain function, strengthen immunity and ease menopausal symptoms. Find it in a range of products, including Nuccy nut butters (from £7.50), Dimple Amani Miracle Tea (£45) and Holland & Barrett Peri & Menopause Day and Night Support (£24.99).

THE LATEST BUZZ-PHRASE: METABOLIC HEALTH

In the UK, metabolic syndrome affects one in three adults over 50, which raises the risk of heart disease, stroke and other chronic conditions. In 2023, expect to see new gadgets and trackers that help personalise your lifestyle choices to look after your metabolic health.

Words Kerry Law **Photography and illustrations** Getty

We're all talking about...

BREAKFAST!

Ever wondered what and when you should be eating? We have all the info...

The word comes from the idea of breaking the night's fast, and for years, we've been told that it's the most important meal of the day. But new research reveals that the reality is not as clear cut as we might think.

A HISTORY OF THE FRY-UP:

The tradition of the full English began as early as the 14th century with the gentry, who wanted to fuel up with a big early morning meal before a day's hunting. As well as ingredients we still eat today, such as pork sausages and bacon, they'd serve baked halibut steaks, fried whiting, stewed figs, pheasant legs, broiled kidneys and sheep's tongues. It was the Edwardians who created the full English we recognise today – bacon, eggs, sausage, black pudding, baked beans, grilled tomato, fried bread and toast, served with jams, marmalades, tea or coffee and orange juice. Breakfast became something working-class families would have, too, to help power their energy for a day's work.

DID YOU KNOW?
Western society is the only culture that has specific ideas about what we eat in the morning. In India, people often have the previous night's curry, while in Japan, there's no real difference between their savoury breakfast and the food they eat the rest of the day.

Prima's Dr Sarah Brewer says going with what works best for you is sensible. '"Breakfast like a King" is still a mantra for some, but the key is to follow what your body tells you,' she advises. Everyone's metabolism is different; we all burn off calories at different rates. 'I do now have breakfast, but I went for years without it. My advice is if you feel hungry, have breakfast. If you don't feel hungry, wait until you do to have a healthy snack – even if that's mid morning or lunch time.'

SO WHAT'S CHANGED?

Fewer of us now do manual labour, and, according to The Association of UK Dieticians (BDA), only two-thirds of adults eat breakfast regularly. While one study has shown that people who make breakfast the largest meal of the day are more likely to have a lower body mass index (BMI) than those who eat a large lunch or dinner, others extol the benefits of intermittent fasting – that is fasting for a certain number of hours each day.

WHEN IS IT BEST TO EAT?

'Eating relatively early may be beneficial for weight loss, and keeping meals within a 10-hour period could improve blood sugar and cholesterol levels,' says Dr Sarah.

'In fact, research has shown that eating on a later schedule made people hungrier over a 24-hour period than when they consumed the same meals earlier in the day. It also showed that eating a late dinner can increase a person's obesity risk and is therefore more likely to impact our health than whether or not we have breakfast.'

WHAT TO WATCH FOR:

- Hidden sugars. Some cereals may appear healthy, but even porridge could be a potential sugar trap – some are 90% sugar. There's a big difference between whole, steel-cut oats and the pale imitations in instant or even rolled oats. So always check. High in sugar: 22.5g or more of total sugar per 100g; low in sugar: 5g or less of total sugar per 100g. There are many ways added sugar can be listed: sucrose, glucose, fructose, maltose, fruit juice, molasses, hydrolysed starch, corn syrup or honey.

What do you eat for breakfast? Let us know at *prima@hearst.co.uk*

TOP TIPS

Dr Sarah Brewer shares her advice for a healthy brekkie

- With bread/toast, opt for granary or wholegrain for fibre. Spread with hummus, nut butter, a little Marmite or smashed avocado. I avoid jam and marmalade as they contain a lot of sugar.
- Muesli provides fibre, essential fatty acids, protein and slow-release energy to keep you going all morning. Top with berries, banana, dried apricots, dates or figs for sweetness.
- My weekend favourite is avocado, grilled halloumi and smoked bacon. Avocado is an excellent source of monounsaturated fat and vitamin E, which boosts immune health.

Words Ella Dove **Photography** Leo Acker

SARAH'S surgery

Do you have a health question you would like to ask Dr Sarah Brewer? Email her at prima@hearst.co.uk.

Restless legs and cramps

I know from personal experience that fidgety legs and cramping muscles can be more than a minor annoyance. Here's how to tackle them

Do you ever get unpleasant, creeping sensations in your lower legs when you try to relax at night, that can only be relieved by walking or movement? This has a formal name: Restless legs syndrome (also known as Willis-Ekbom disease). The annoying and uncontrollable urge to move your legs is sometimes accompanied by involuntary twitches, pins and needles or burning pain, and is something I've experienced on a number of occasions – most often before bed, or as a passenger on a long car journey. But if it happens to you often, it could be worth getting to the bottom of the cause – and finding a helpful solution.

WHAT CAUSES IT?

Although most people with restless legs have no associated underlying conditions, it is more common in those with iron deficiency anaemia, pregnancy or severe kidney disease. The exact cause is not clear, but it could run in your genes. One theory is that restless legs are due to reduced oxygen delivery to the lower limbs. This could result from poor circulation of blood or low levels of nutrients needed for cells to process oxygen – such as iron, B vitamins, magnesium or coenzyme Q10. Dehydration may also play a role by interfering with electrolyte balance.

A sudden urge to move your legs may be a protective mechanism to help pump more oxygen-rich blood into tired muscles, and to remove a build-up of carbon dioxide and lactic acid, which irritate nerve endings, contributing to the twitching, pins and needles, cramping and burning sensations.

Another theory is it's a premature switching on of a brain mechanism that ensures you turn in your sleep to prevent pressure damage.

MEDICAL TREATMENT

If your restless legs are continuously bothering you, see your doctor. In most cases, your GP will initially check whether any medication you are taking could be making the problem worse, such as antidepressants, antihistamines, beta blockers and anti-nausea drugs. In this case, they may suggest alternative treatment. They may also arrange blood tests to check your levels of iron, vitamin B12 and folate, as well as assessing your kidney and thyroid function.

Around one in 10 people with the condition have severe symptoms that affect their sleep, daytime alertness and quality of life. In these cases, medicines that boost the effects of brain chemical dopamine may be prescribed to see if these help. But frustratingly, these can sometimes make restless legs worse.

Smoking can worsen restless legs and cramps.

SIMPLE TWEAKS

Some lifestyle changes can help:

- **Avoid alcohol and caffeine**, as these usually make symptoms worse.
- **Ensure you get sufficient sleep** and avoid becoming over-tired.
- **Drink plenty of water to avoid dehydration** – often symptoms can be relieved after just one glass. Coconut water is especially good as it provides additional electrolytes and a little sugar for instant muscle energy.
- **Going for a short evening walk** before bedtime may help to solve the problem.
- **Leg-stretching exercises** in the evening can help too – look for easy wind-down yoga routines on YouTube.
- **Massage your lower legs** with a body lotion to stimulate the circulation.
- **Try lying on an acupressure mat** in the evening for five to 10 mins – this stimulates circulation and has really helped me. (Search 'acupressure mat' on Amazon for options).
- **Experiment to see if using a hot or cold pack** on your leg muscles makes a difference.
- **A magnetic patch** or leg wrap over the affected area could work for you. A magnetic field helps to open up circulation through tiny blood vessels and stimulate blood flow. Ask your pharmacist for details.

NUTRIENTS YOU NEED

IRON Sources include: shellfish; red meat; sardines; wheatgerm; wholemeal bread; egg yolk and green veg. Wash down with fresh juice as the vitamin C enhances absorption.

OMEGA-3 FISH OILS Eat oily fish twice a week, as the omega-3 oils supply essential fatty acids that help to maintain healthy cell membranes and circulation. If you don't like fish, omega-3 supplements are available. On a plant-based diet? Try marine algae.

CALCIUM & MAGNESIUM These may help prevent twitching and cramping.

COENZYME Q10 This is needed for oxygen usage and energy production in muscle cells. The active form, ubiquinol, may be more useful for people with restless legs syndrome.

GARLIC As well as adding to your suppers, the tablet form contains compounds that relax blood vessels and dilate small arteries to increase blood flow.

GINKGO BILOBA This dilates blood vessels to improve blood flow to the legs.

VALERIAN ROOT Trials show this can improve sleep quality.

WHAT ABOUT CRAMP?

Leg cramps are due to the excessive contraction of a muscle causing pain, usually in the calf – although it can be any leg or foot muscle. They can occur during or after exercise, but night cramps are known as 'nocturnal leg cramps' and are classed as a sleep disorder that may accompany restless leg syndrome. They last on average nine minutes, and in surveys, one in five said symptoms were 'very distressing.'

Cramps occur when muscles receive rapid, repetitive nerve signals telling them to contract. This is thought to be due to a build-up of lactic acid, which irritates nerve and muscle cells. Like restless legs, cramping can result from dehydration or reduced blood flow to the legs, and can be more common as you age. Many of the tips to prevent restless legs will also help with cramps.

HOW TO TREAT LEG CRAMPS

- **Relieve cramping by gently stretching the muscle and rubbing it to help it relax.**
- **To ease a cramped calf, stand with your weight on the affected leg and slightly bend your knee.**
- **For a hamstring cramp at the back of your thigh, sit up with your legs in a straight position, and pull the top of your foot forwards.**
- **To ease a cramp in the front of your thigh, stand and face a wall, steadying yourself with the hand of the unaffected side. Use the other hand to pull your foot on the affected leg towards your buttock.**
- **Walk around carefully to stimulate circulation.**
- **Drink a glass of water.**
- **Apply a hot (or cold) pack to ease pain.**

Photography Getty

Advertisement Feature

NO PAUSE

Going through the menopause shouldn't mean you have to slow down. For extra support, why not try an advanced supplement that's specially formulated for this time and beyond? With 26 nutrients, Menopace Max provides the highest level of nutritional support in the Menopace range.

Menopace Max offers all the benefits of Menopace Original, along with added calcium, which is needed to maintain normal bones, green tea extract and red clover extracts, with four highly researched isoflavones. The comprehensive formula also includes vitamin D, which contributes to the normal absorption and utilisation of calcium, plus vitamin B12 and iron, which contribute to normal energy release. **Vitabiotics Menopace Max, RRP £24.95 for 84 tablets and capsules, is available from Boots, pharmacies, health stores and vitabiotics.com**

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Do you REALLY know what your LIVER does?

Often, we think of it as our alcohol processor – but this vital organ does so much more besides...

Your liver is a multitasking maestro. Sitting on the right side of your body, just under the ribs, it's your largest internal organ, weighing around 1.5kg. The immune system, digestive tract, kidneys, neurological and cardiovascular systems are all reliant on a well-functioning liver. 'It performs more than 500 important functions,' says Pamela Healy, CEO of the British Liver Trust.

As well as being responsible for processing, altering, detoxifying, then disposing of toxic substances, such as alcohol and medications, the liver breaks down food, converts it into energy and stores it ready for use. It also stores vitamins, fat and minerals, deploying them as needed; plays a vital role in fighting infection; breaks down old or damaged blood cells; and helps regulate hormones and body temperature.

CARE NEEDED

'We take our livers for granted, yet we can't live without them,' says Dr Paul Kooner, consultant hepatologist at Spire London East Hospital. There are many types of liver disease, and some can affect the entire body, leading to complications ranging from blood clotting problems to kidney failure.

Around 40 people die every day from liver disease in Britain – and it's sobering to note that many of them are much younger than we might imagine. 'It's the leading cause of UK deaths in the 35-to-49 age group,' confirms Dr Kooner.

While some causes of liver disease include genetic and autoimmune diseases, it's thought that a massive 90% of cases are preventable.

And, while alcohol is the leading cause, with one in five people drinking enough to potentially damage their liver, obesity is now an increasingly common factor.

For both men and women in the UK, the official guideline is now the same – you should drink no more than 14 units of alcohol per week.

'There is an epidemic of non-alcoholic fatty liver disease (NAFLD) because two-thirds of adults are overweight and three-quarters of those with type 2 diabetes have a build-up of fat in the liver, which can lead to inflammation and scarring,' explains Dr Kooner. In fact, NAFLD is likely to overtake alcohol as the leading cause of liver disease in the near future.

Concerning though these facts are, there is, thankfully, plenty you can do to help keep this essential organ in the best shape possible...

COULD YOU HAVE LIVER DISEASE?

There are often no symptoms in early-stage liver disease, but tests for other complaints can include liver blood tests, which look at liver function. Results of these can be affected by an infection or by certain types of medication, such as statins. Abnormal results shouldn't be ignored – repeat tests to discover the cause. GPs could also request a fibrosis test (for signs of liver scarring), which includes advanced blood tests and scans. A FibroScan (transient elastography) is a brilliant technology that uses ultrasound waves to measure liver stiffening, explains Dr Kooner. Depending on the results, a liver biopsy may be needed.

If problems caused by alcohol are detected early enough, damage can be halted or even reversed by no longer drinking. Other problems may be treated with medication or surgery. In some extreme cases, a liver transplant may be required.

To assess your risk, take the free quiz at britishlivertrust.org.uk/screener.

DID YOU KNOW?
The liver is the only organ that can completely regenerate itself if injured, with no loss of function during the growth process.

LIVER-FRIENDLY FOODS

According to a recent Harvard study, a Mediterranean diet may halve the risk of non-alcoholic fatty liver disease due to its anti-inflammatory and antioxidant effects. And certain foods have properties that have been found to support the liver, says Emma Thornton, nutritionist for A. Vogel herbal remedies. These include:

1 **FRESH AND DRIED FRUIT** Blueberries, blackberries, blackcurrants, raspberries, cherries, grapes, bananas, papaya, mango, lemons, prunes and raisins.

2 **NUTS AND SEEDS** Small quantities of pistachios, hazelnuts, almonds and pine kernels; flaked or desiccated coconut; sunflower and sesame seeds; and walnut oil for dressings.

3 **VEGETABLES** Artichoke, asparagus, beetroot, broccoli, Brussels sprouts, raw cabbage, carrots, cauliflower, chicory, garlic, leeks, kale, spinach and onions.

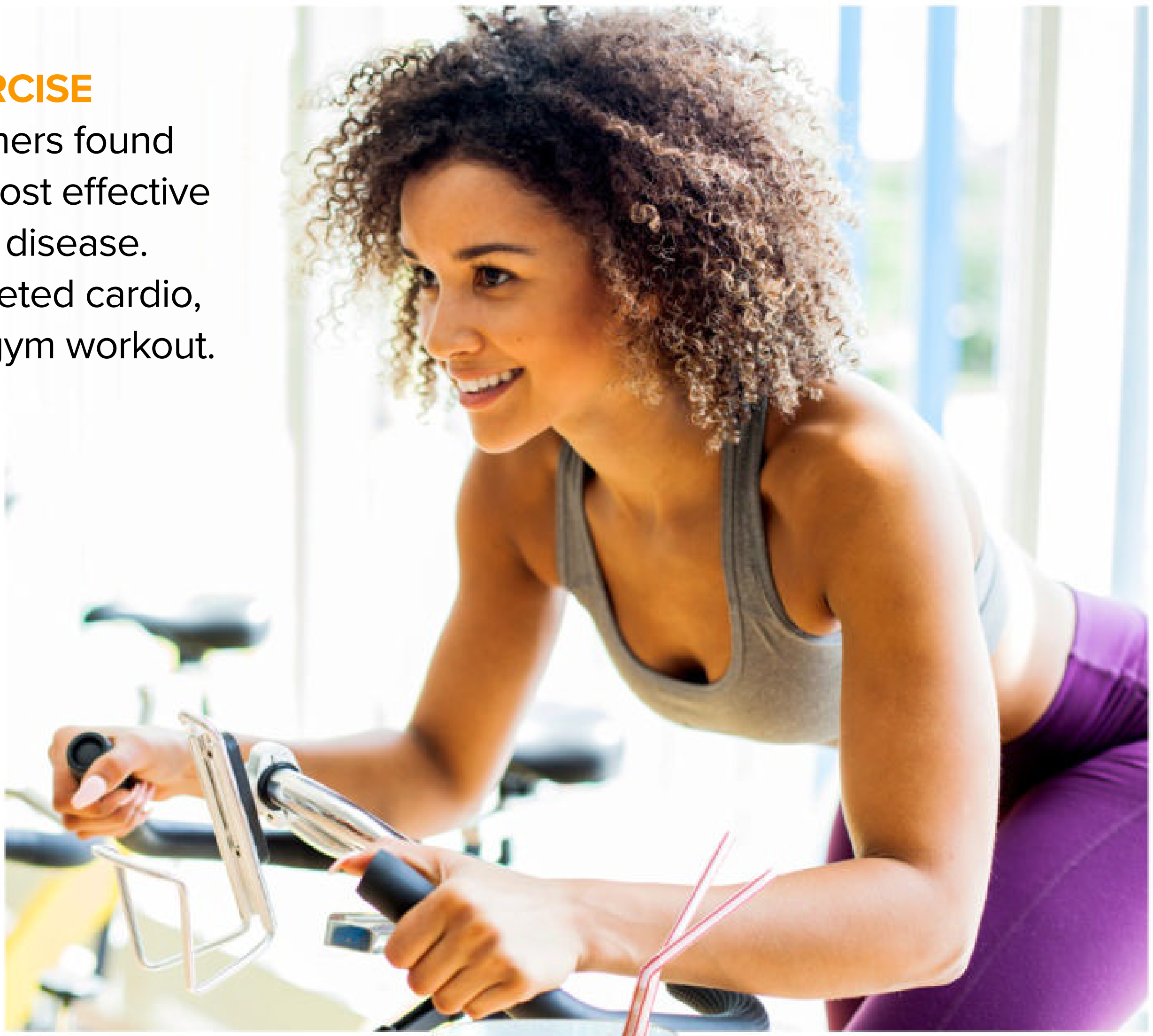
4 **SALADS** Alfalfa, chicory, cucumber, celery, fennel, radishes, Romaine lettuce and watercress.

5 **GRAINS** Millet, quinoa and brown rice.

6 **PROTEIN SOURCES** Eggs, kidney beans, tofu. ➔

Research shows that globe artichoke benefits liver and digestive health, reducing cholesterol and triglyceride levels and liver inflammation.

HOW TO LOOK AFTER YOUR LIVER



1
GET SOME SERIOUS EXERCISE

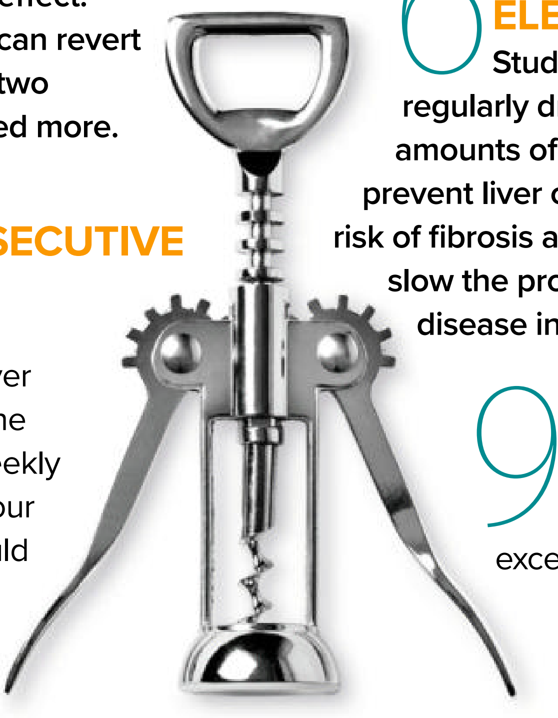
University of Essex researchers found that 'vigorous' exercise is most effective at reducing the risk of fatty liver disease. Think a boot-camp class of targeted cardio, a tennis match or a 60-minute gym workout.

2
TRY INTERMITTENT FASTING

Losing 5-10% of your body weight can stop, and sometimes even reverse, liver damage, with studies finding that a low-carbohydrate diet can dramatically reduce liver fat. According to Dr Kooner, intermittent fasting is an effective way to do this. The 5:2 regime involves eating normally for five days and restricting intake to 500-600 calories for the other two. Or you could try 16:8, which involves eating within an eight-hour window only (for example, 11am to 7pm).

3
HAVE AN ANNUAL DRINK DETOX

'Try to take a month off drinking every year to completely reset your tolerance,' advises Dr Kooner. Dry January is a great opportunity after all the indulgence of Christmas, but it can be any time. The more often we drink, the more our tolerance increases, so we need to drink more to get the same effect. 'Resetting' means we can revert to enjoying a glass or two without feeling we need more.



4
TAKE CONSECUTIVE DAYS OFF

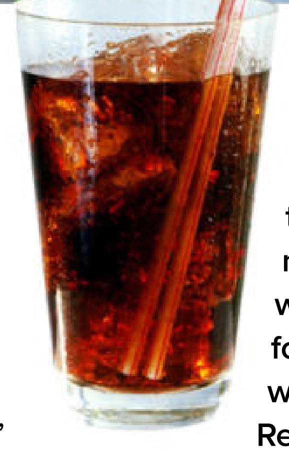
Avoiding booze midweek gives your liver a mini-break, pauses the habit, reduces your weekly unit intake and tests your dependency. You should aim to have at least three consecutive days off.

5
DON'T BORROW A TOOTHBRUSH

Left untreated, the viral infections hepatitis B and C can wreak havoc on your liver, so take care with hygiene. 'Don't share razors, toothbrushes or nail scissors,' advises Pamela Healy.

6
ENJOY ELEVENSES

Studies show that regularly drinking moderate amounts of coffee may help prevent liver cancer, lower the risk of fibrosis and cirrhosis, and slow the progression of liver disease in some patients.



7
KEEP A CHECK ON SOFT DRINKS

People who drink more than one sugary drink a day have more fat in their liver than those who don't – even after accounting for their overall calorie intake, weight and various other factors. Researchers believe the fructose in these drinks causes fat to be deposited in the liver.

8
GET AN EARLY NIGHT

In a recent study, University of Alabama researchers found a link between disruption to our body's circadian clock and liver disease. Sleep experts agree that an early night is more restorative than a lie-in. Get into bed by 10pm for optimum slumber.

9
MONITOR YOUR MEDICATION

All drugs, from painkillers to prescription medicine, can cause potential harm. Don't take medication you don't need, and never exceed the dosage – or the recommended intake of vitamins.

- *January is Love Your Liver Awareness Month. For more information, visit britishlivertrust.org.uk*

Words Michele O'Connor **Photography** Getty

THE *HOUSE BEAUTIFUL* COLLECTION AT **HOMEBASE**

Cutting-edge kitchen designs from the *House Beautiful* collection at Homebase

ISLINGTON in Midnight & Industrial

CAMBERWELL in Cornflower & Nickel

Make a style statement with a contemporary kitchen from the stunning *House Beautiful* range available at Homebase. Choose from the sleek design of the Islington, the classic simplicity of the Bermondsey or the clean and contemporary feel of the Camberwell. Cabinets are supplied preassembled for ease of installation and come with an impressive 20-year guarantee. All *House Beautiful* kitchens are designed and handmade in the UK from FSC-certified sustainably sourced materials. See the full range in store and online, and create a space that's practical and beautiful – and unique to you.

BERMONDSEY in Ash

Visit **homebase.co.uk** to book your virtual or in-store consultation

HOMEBASE

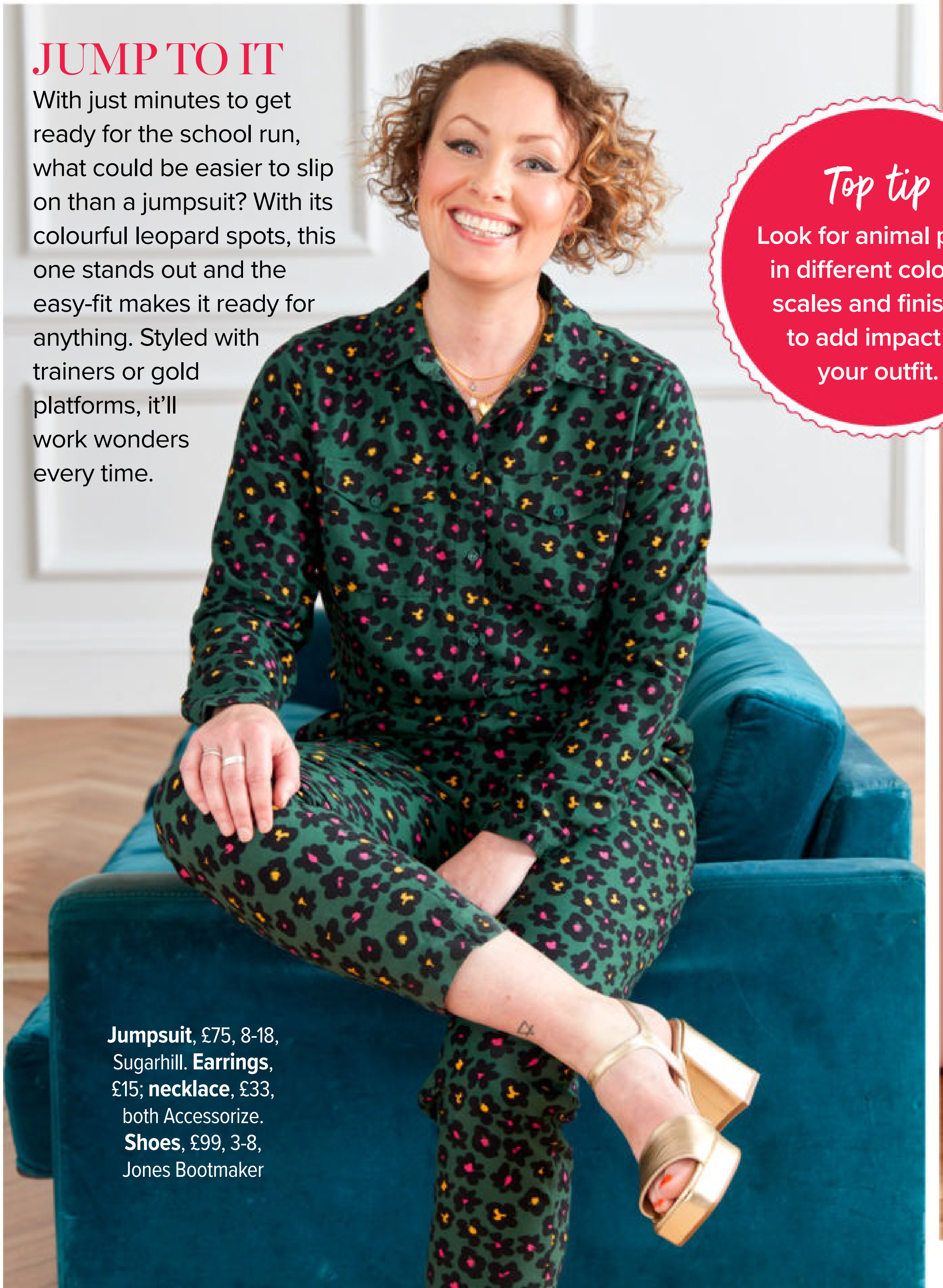
DEAR, PRIMA...

Help me find my STYLE confidence!

Three readers asked *Prima* to give them a new look for the new year, so we sent in our glam squad to treat them to a fashion, hair and beauty makeover

SOPHIE CARTMELL, 37, from Belper, Derbyshire is an illustrator and designer, and runs her own business called Duck & Peach.

'Dear, Prima... I used to dress up more when I was younger, before I had my two daughters, and while I'm generally happy with my style, I sometimes feel like a frump! I would really like to inject a bit more glamour into my day-to-day if possible. Can you help?'



JUMP TO IT

With just minutes to get ready for the school run, what could be easier to slip on than a jumpsuit? With its colourful leopard spots, this one stands out and the easy-fit makes it ready for anything. Styled with trainers or gold platforms, it'll work wonders every time.

Top tip

Look for animal prints in different colours, scales and finishes to add impact to your outfit.

Jumpsuit, £75, 8-18, Sugarhill. **Earrings**, £15; **necklace**, £33, both Accessorize. **Shoes**, £99, 3-8, Jones Bootmaker

THE RIGHT STRIPES

Casual dressing doesn't have to mean dull or dreary. Bright colours such as these will always make you feel more cheerful. This knockout knit will rev up any outfit and really suits Sophie's complexion. When teamed with a swishy skirt, this is a joy to wear!

Jumper, £160, 6-22 Boden. **Skirt**, £26.99, 6-22, New Look. **Boots**, £40, 3-8, Very

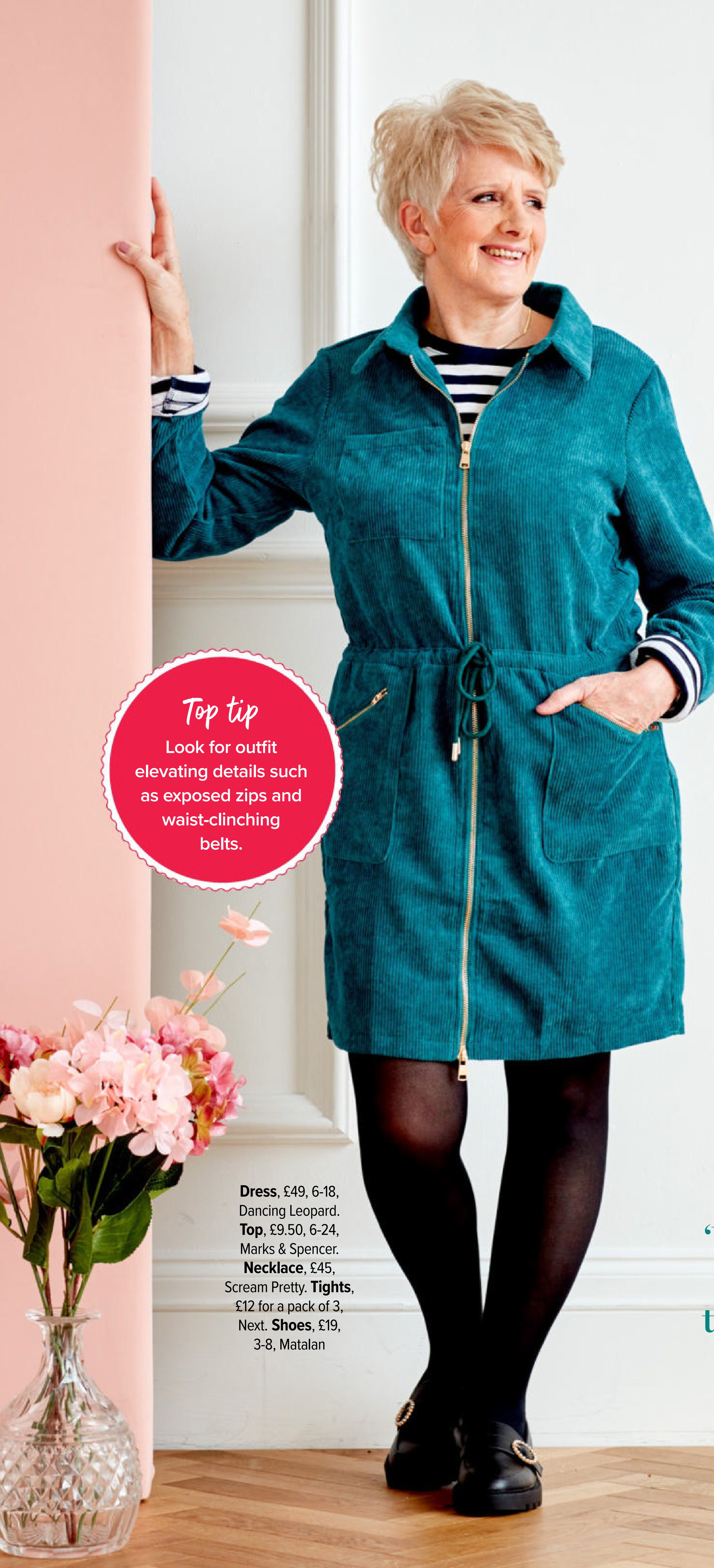
> 'To speak to Sophie's creative side, we added bold brights'

Top, £12.50, 6-24, Marks & Spencer. **Trousers**, £24.99, 6-18, New Look. **Shoes**, £42, 3-9, Wallis

BOW SELECTOR

Searching for perfect wear-with-everything trousers? These tick every box! Endlessly adaptable, they make a great swap for jeans or leggings as they still have practical appeal. Tuck tops in to show off your waistline. We've added sparkly flats for the dose of glamour that Sophie was after.

THE RESULTS: We loved pampering busy mum and business owner Sophie! We helped her find three stylish and versatile looks that can be dressed up or down for whatever her day demands. To create a more glamorous finish, we used sparkly shoes and interesting textures that add a touch of luxe. To speak to Sophie's creative side, we added bold brights and leopard print. We kept her hair and makeup on the softer side, adding flicks of liner to highlight her lovely eyes.



MARIAN REDPATH, 70, from Kent is a retired retail assistant.

'Dear, Prima... I've recently turned 70 and now I'm wanting to change what I wear, but I don't know where to start! I tend to dress in a uniform of striped tops and dark blue jeans and would love to try some variations to take me out of my comfort zone. Can you help?'

LAYER UP

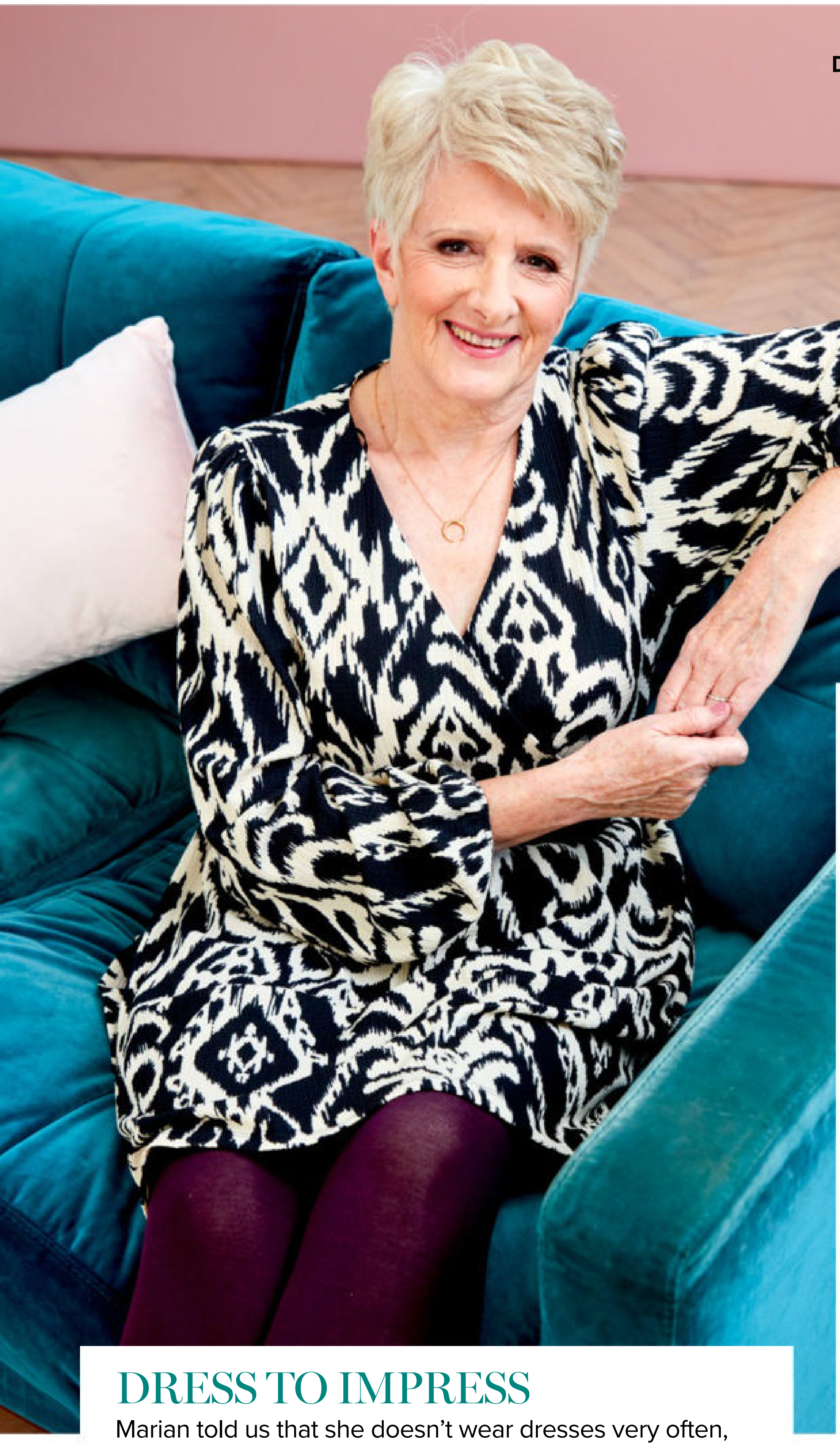
Like Marian, many of us are guilty of having a wardrobe full of striped tops! If you love your stripes but want to shake things up, use them to add interest to your winter outfits. Layered under shirts, dresses and jumpsuits, a hint of print can reinvent an otherwise simple ensemble. Not to mention adding layers is a great way to help keep winter chills at bay. Try a colourful stripe for an extra lift.

Top tip

Look for outfit elevating details such as exposed zips and waist-clinching belts.

Dress, £49, 6-18, Dancing Leopard. **Top**, £9.50, 6-24, Marks & Spencer. **Necklace**, £45, Scream Pretty. **Tights**, £12 for a pack of 3, Next. **Shoes**, £19, 3-8, Matalan

> 'Use stripes to add interest to your winter outfits'



Dress, £17, 8-20, Matalan. **Necklace**, £35, Scream Pretty. **Tights**, £12.50, s-xl, White Stuff

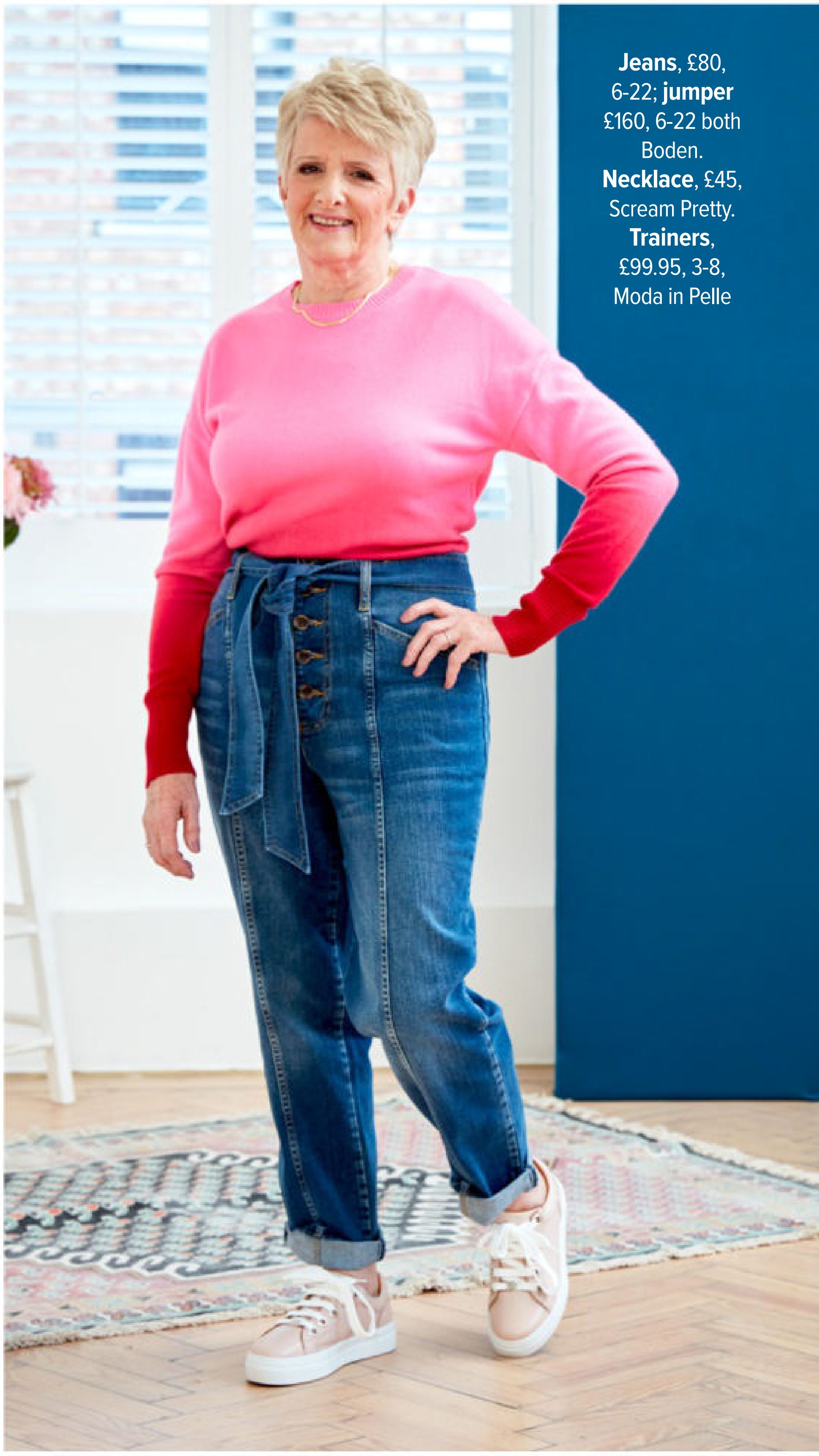
DRESS TO IMPRESS

Marian told us that she doesn't wear dresses very often, so we set out to find her a couple of easy options that she could dress down or glam up. As a fan of black and beige, she thought this patterned style was the perfect pick as it is a little out of her comfort zone, but not a giant leap! If, like her, you usually stick to black tights, why not swap in a coloured pair? The berry hue of these tights gives this outfit an unexpected finish.

THE RESULTS: Like many of us at one point or another, Marian was feeling as if she'd lost her way a bit with her personal style. We found her three everyday outfits to help her navigate the winter months, and encouraged Marian to swap her favourite slim-fit jeans for a more up-to-the-minute tapered shape. Our makeup artists gave her a beautiful glow with berry tones on her cheeks and lips. →

A CUT ABOVE

Sometimes a jolt in proportions is all you need to shake up your style. Marian is devoted to slim-fit and straight-leg jeans, but we wanted to show her how fashionable and figure-flattering different denim shapes could look. With a nipped-in waist and a tapered fit through the leg, these jeans offer a gorgeous fit, and will make every outfit feel more contemporary.



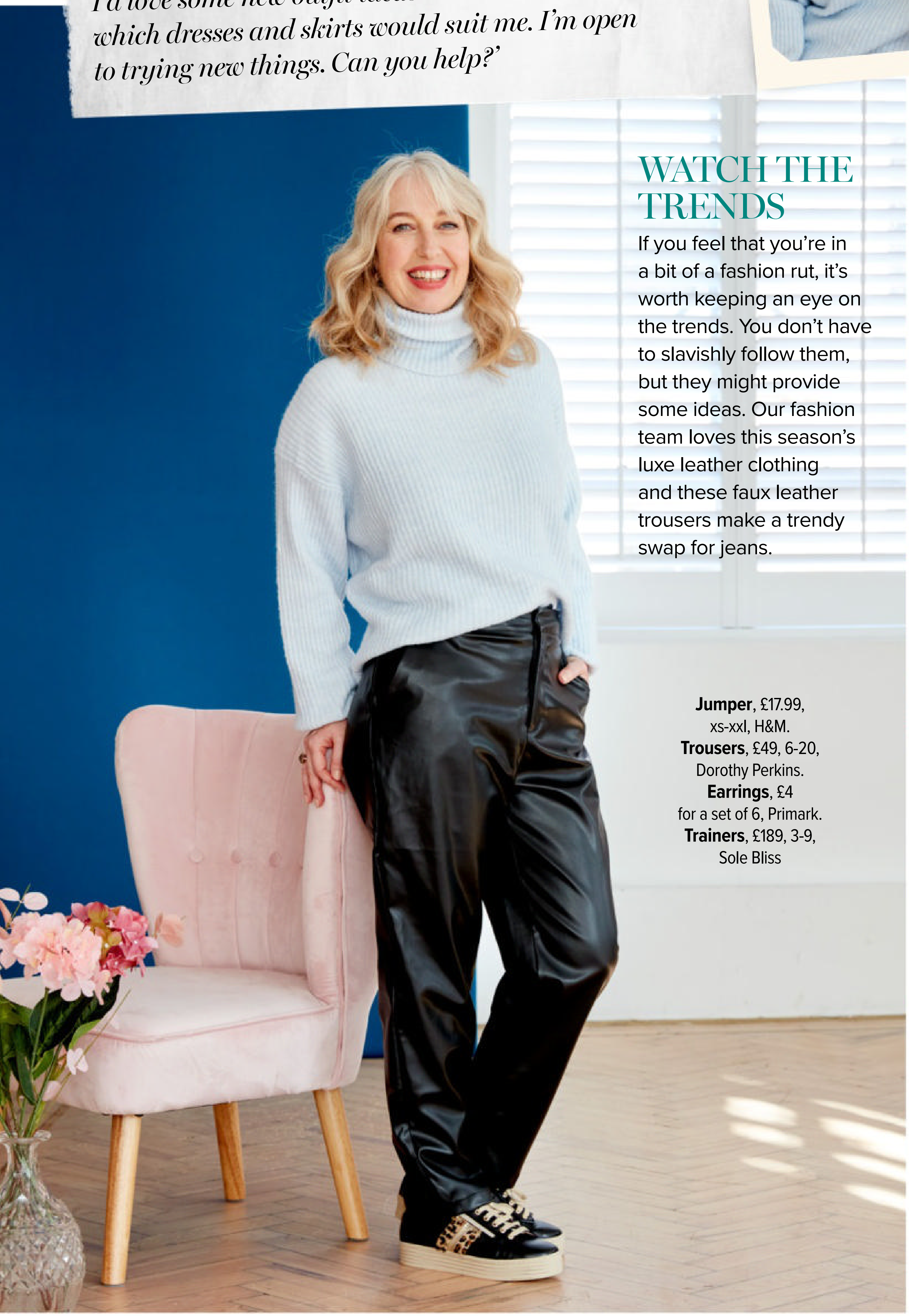
Jeans, £80, 6-22; **jumper** £160, 6-22 both Boden. **Necklace**, £45, Scream Pretty. **Trainers**, £99.95, 3-8, Moda in Pelle

GILL DINEEN, 53, from Loughton, Essex, volunteers at a cat rescue shelter and centre for the elderly.

'Dear, Prima... I'd like some advice on extending my range, please. I tend to stick with skinny jeans and jumpers all winter, and then wear cotton trousers and T-shirts in the summer. I'd love some new outfit ideas and some advice on which dresses and skirts would suit me. I'm open to trying new things. Can you help?'

Top tip

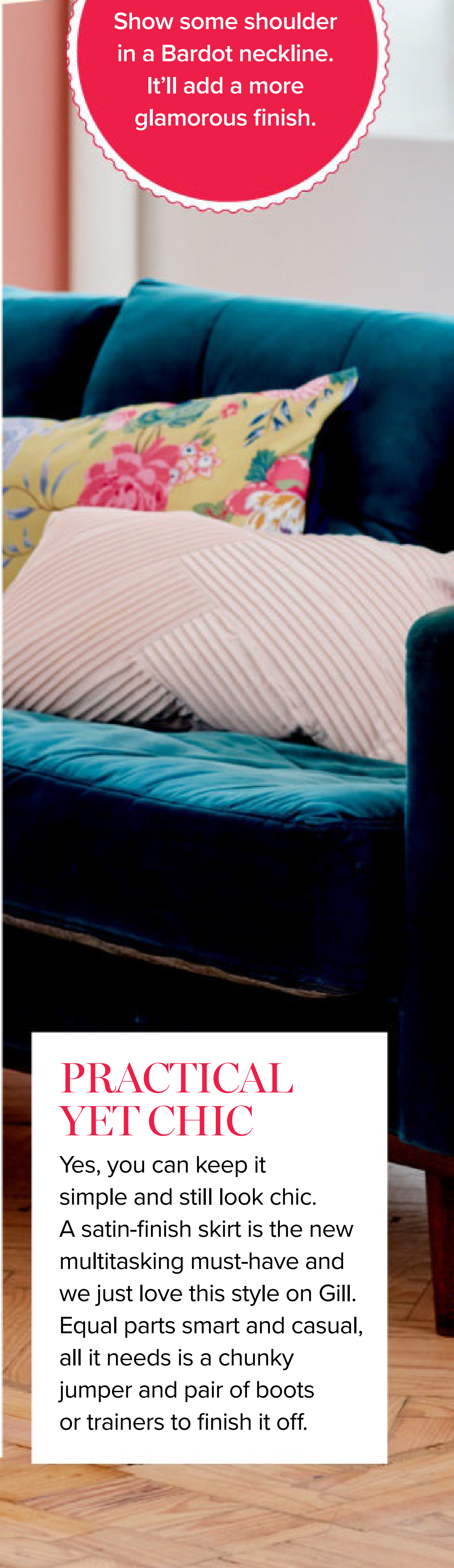
Show some shoulder in a Bardot neckline. It'll add a more glamorous finish.



WATCH THE TRENDS

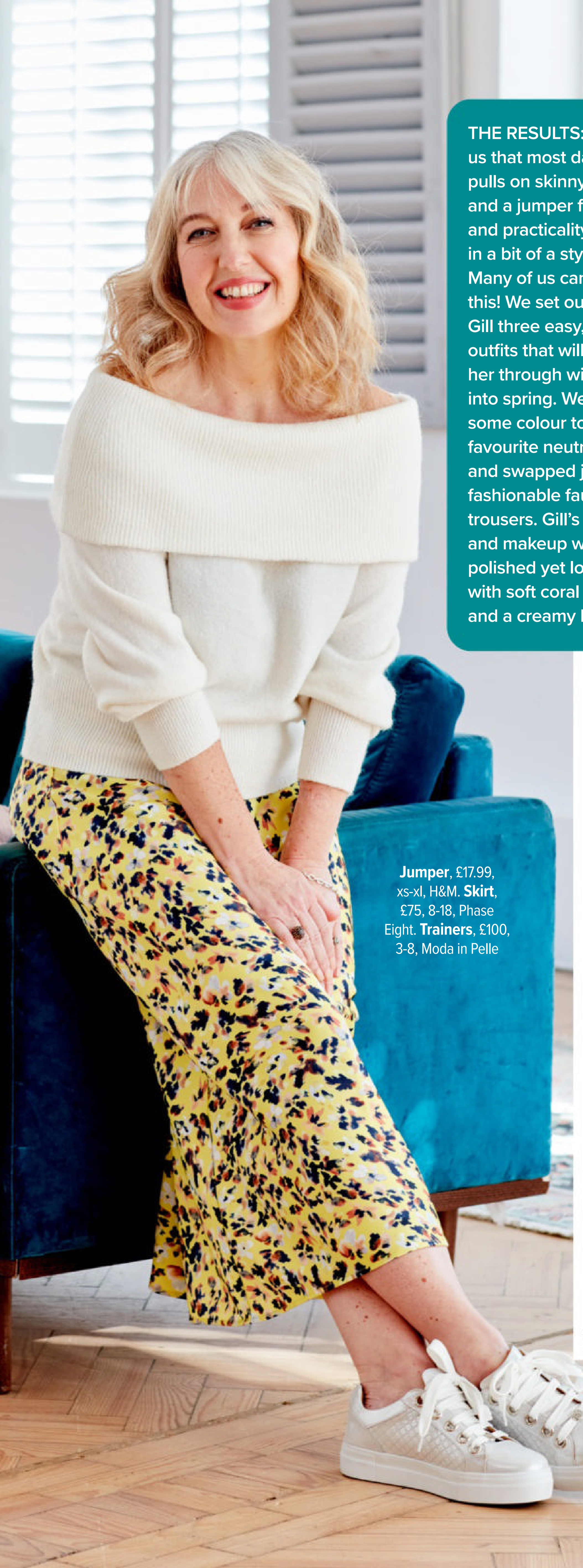
If you feel that you're in a bit of a fashion rut, it's worth keeping an eye on the trends. You don't have to slavishly follow them, but they might provide some ideas. Our fashion team loves this season's luxe leather clothing and these faux leather trousers make a trendy swap for jeans.

Jumper, £17.99, xs-xxl, H&M.
Trousers, £49, 6-20, Dorothy Perkins.
Earrings, £4 for a set of 6, Primark.
Trainers, £189, 3-9, Sole Bliss



PRACTICAL YET CHIC

Yes, you can keep it simple and still look chic. A satin-finish skirt is the new multitasking must-have and we just love this style on Gill. Equal parts smart and casual, all it needs is a chunky jumper and pair of boots or trainers to finish it off.

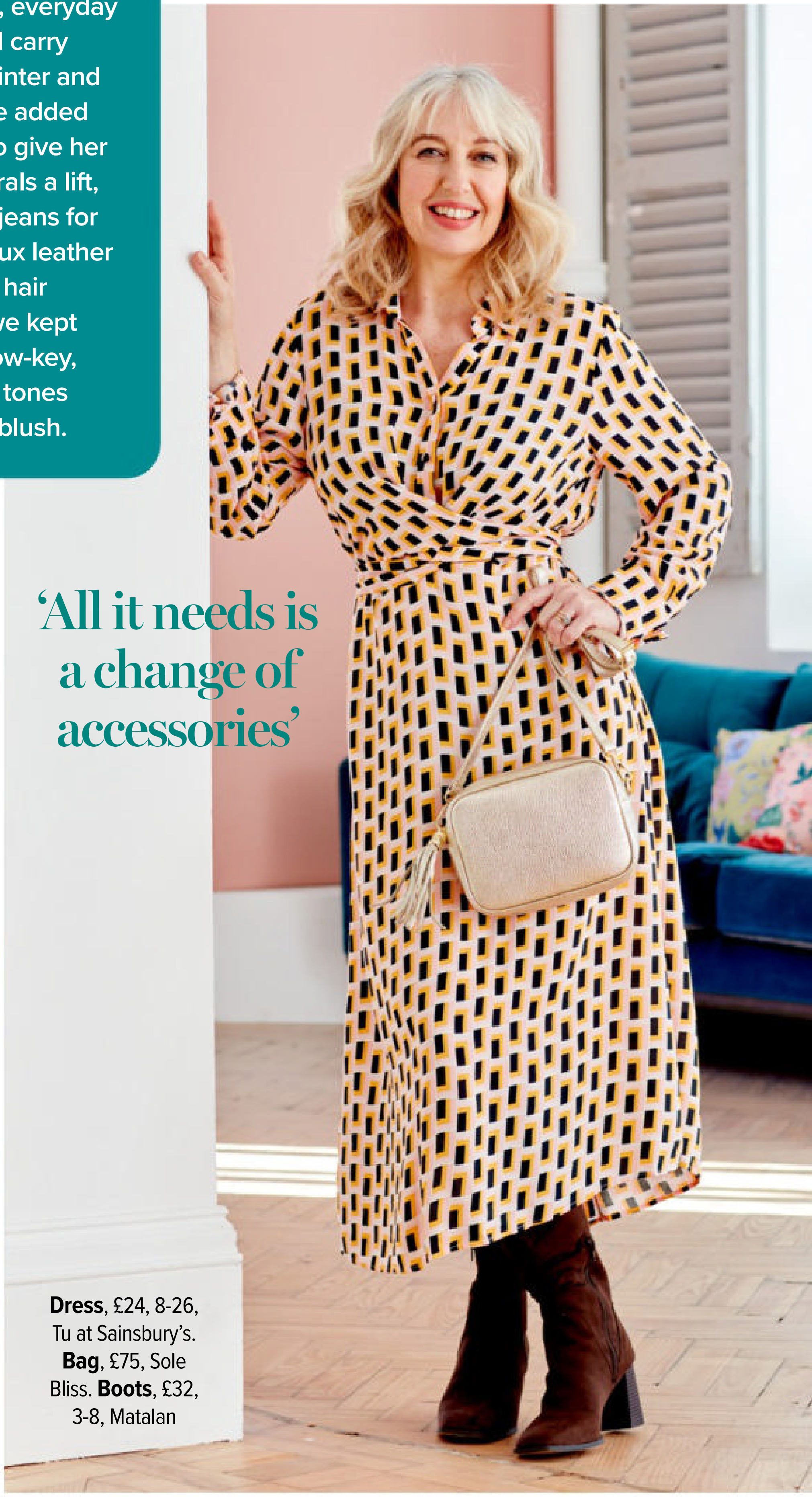


THE RESULTS: Gill told us that most days she pulls on skinny jeans and a jumper for comfort and practicality, and felt in a bit of a style rut. Many of us can relate to this! We set out to find Gill three easy, everyday outfits that will carry her through winter and into spring. We added some colour to give her favourite neutrals a lift, and swapped jeans for fashionable faux leather trousers. Gill's hair and makeup we kept polished yet low-key, with soft coral tones and a creamy blush.

Jumper, £17.99, xs-xl, H&M. **Skirt**, £75, 8-18, Phase Eight. **Trainers**, £100, 3-8, Moda in Pelle

DAY TO NIGHT

For anything from running errands to a weekend brunch, a printed midi dress is flattering, forgiving and seriously fashionable. An easy-fix for the days Gill might go straight from volunteering to dinner with friends, all it needs is a change of accessories to take it from day to night.



> 'All it needs is a change of accessories'

Dress, £24, 8-26, Tu at Sainsbury's. **Bag**, £75, Sole Bliss. **Boots**, £32, 3-8, Matalan

Production and words Helen Johnson
Photography Claire Pepper
Styling Lucy Trievnor
Stylist's assistant Harriet Vickery
Hair and makeup Anna Durston and Julie Read
Props with thanks to Habitat, Dunelm, French Connection and Primark

NEW YEAR new beauty!

Great skin for less

Clinique Take The Day Off Cleansing Balm, £29; e.l.f Holy Hydration! Makeup Melting Cleansing Balm, £10
Both dissolve stubborn makeup with ease.

e.l.f. SKIN
HOLY HYDRATION!
MAKEUP MELTING CLEANSING BALM
with hyaluronic acid + peptides

MIND THE GAP

Skin is most vulnerable to dehydration immediately after washing your face and patting it dry, says aesthetician Renée Rouleau. 'There's a 60-second window before moisture evaporation occurs; applying your first product during this valuable period of time will seal hydration into the skin.'
If skin still feels tight, try switching your regular cleanser for an oil-based balm, which will nourish (rather than strip) as it cleanses.

No7
Pure Retinol
0.3% RETINOL
Night Concentrate
FRAGRANCE FREE
COLLAGEN PEPTIDE

No7 Pure Retinol 0.3% Retinol Night Concentrate, £34.95
Use once or twice a week.

EASE INTO VITAMIN A

Retinoids are the anti-ageing ingredient we're all intrigued by, but they can initially cause irritation. Dermatologist Dr Elyse Love suggests applying a thin layer of moisturiser followed by your retinoid serum a few minutes later, then a final layer of moisturiser. 'It's like building a sandwich,' Dr Love says. 'The moisturiser creates a buffer that will dilute the retinoid in those first few weeks of use.'

The Ordinary Retinol 0.2% In Squalane, £6
Goes easy on first-time skin.

SORT OUT YOUR STASH

Just how old is that face cream? Spend your next quiet night in taking stock of your products. If preservatives are no longer functioning because something's been open too long, it can lead to irritation or even a bacterial infection. What's more, the active ingredients that work hardest for your skin – the vitamin C in your serum, say – may have deteriorated, making application a waste of time. Look for the open jar symbol on the back of the product; this PAO (Period After Opening) refers to how many months the product is okay to use after breaking its seal. ➔

MILK IT (FOR BRIGHTER SKIN)

Skincare expert Ole Henriksen recommends freezing milk in an ice-cube tray and massaging your face with the cubes, wrapped in muslin. 'It lifts dead cells and boosts circulation, giving skin an instant lift,' he tells us.

30
look-lovelier tricks to try right now

5

Simple Protect 'N' Glow Detox & Brighten Clay Mask, £4.99 For a gentle, once-a-week deep cleanse.

GET CLEVER WITH CLAY

Clay masks are great for absorbing impurities and clearing out pores but, contrary to popular belief, you should never wait for them to dry and crack before removing. Satisfying? Yes. Dehydrating for all skin types, especially mature, dry and delicate? Very.

6

KEEP TECH CLEAN...

Blemishes around the cheeks and jaw could be caused by holding grimy phones against your skin, warns dermatologist Dr Sam Bunting. 'Use alcohol- and bleach-free antibacterial wipes regularly to keep your phone clean,' she says. And when blemishes do occur, a spot cure with salicylic acid will help control inflammation.

Dr Sam's Flawless Neutralising Gel, £28 Brings down spots with speed.

7

...AND SHEETS FRESH

Change your sheets and pillowcases at least once a week – dead skin cells, oil and bacteria can build up on their surfaces and transfer back on to the skin, clogging pores and triggering breakouts. Keep hair clean, too, and always wash it after a sweaty workout, says aesthetician and co-founder of Mortar & Milk Pamela Marshall. This, she explains, will avoid sweat and grime transferring from your hair and scalp on to your bed linen and then on to your skin.

8

SWAP SCRUBS FOR MUSLINS

If your skin is too sensitive for chemical exfoliants or gritty scrubs, use a muslin cloth to remove your cleanser instead. The slightly abrasive texture will slough off dead skin cells without causing irritation, and they're a great eco-friendly alternative to cotton wool pads.

Makeup made easy

9

LAYER YOUR BLUSH...

Makeup artist Kenneth Soh knows a thing or two about creating lit-from-within skin. He recommends applying your blush in two layers: one underneath and another over the top of your foundation for a 'soft, edgeless finish'.

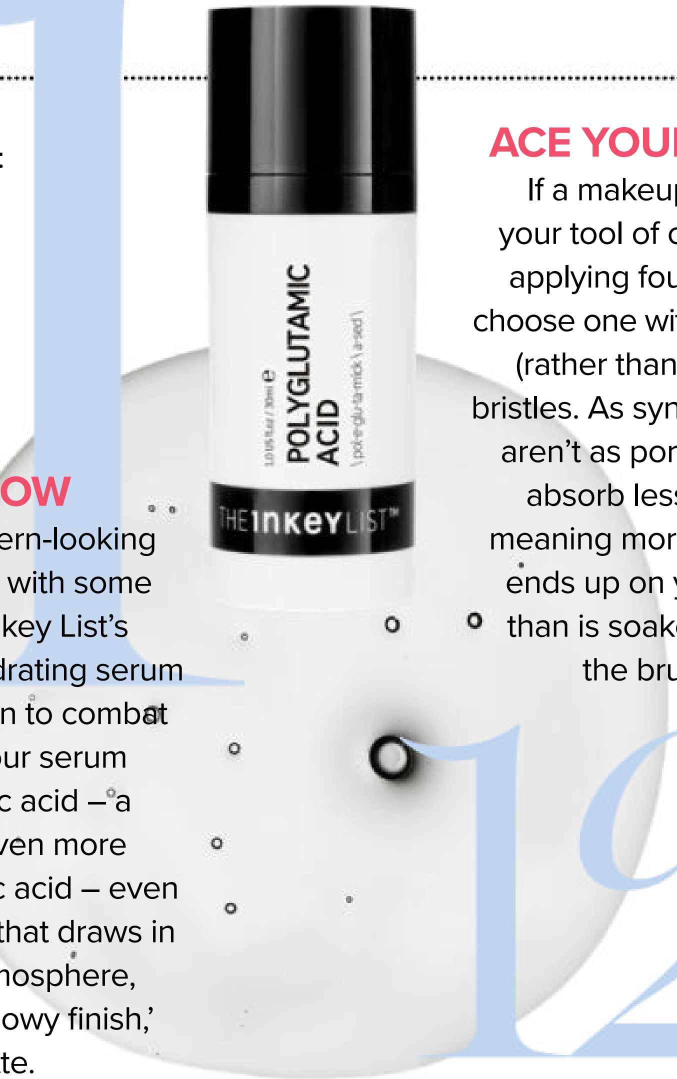
17 Colour Glow Cream Blush, £4; XX Revolution Cloud Blush + Lip Tint, £8 For a natural-looking flush.

10

...AND WEAR IT HIGH

Instead of applying blush to the apples of your cheeks, try wearing it a little higher up on the cheekbones for a more youthful and lifted-looking effect.

11



The Inkey List Polyglutamic Acid Serum, £14.49 Mix into foundation to make skin gleam.

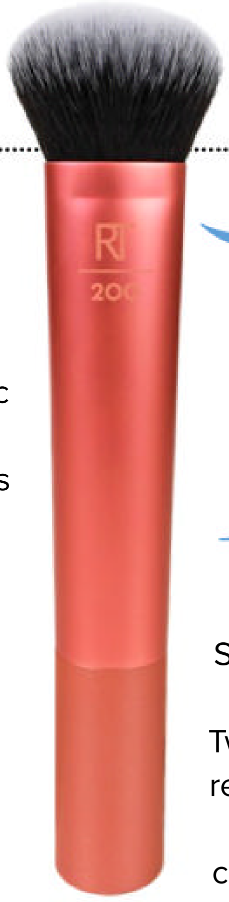
GET THE GLOW

Give makeup a modern-looking gleam by cocktailing it with some skincare, says The Inkey List's Colette Laxton. 'I mix hydrating serum into my liquid foundation to combat that cakey look'. If your serum contains polyglutamic acid – a peptide that holds even more moisture than hyaluronic acid – even better. 'It's a humectant that draws in moisture from the atmosphere, creating a gorgeous glowy finish,' explains Colette.

12

ACE YOUR BASE

If a makeup brush is your tool of choice for applying foundation, choose one with synthetic (rather than natural) bristles. As synthetic hairs aren't as porous, they absorb less liquid, meaning more makeup ends up on your skin than is soaked up by the brush.



Real Techniques Expert Face Brush, £9 Buffs makeup prettily into the skin.

13

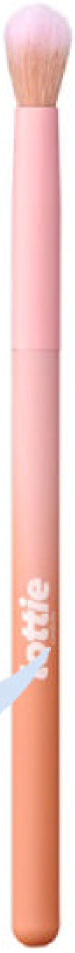
SHARPEN UP

Slanted tweezers losing their grip? Founder of Rubis Tweezers Fides Baldesberger recommends giving blunt tips a new lease of life with a coarse emery board. Holding the file gently between the tweezer tips, slide it from one end to the other. Then, remove the file, pinch the tips together and file from above in one single stroke. ➔

14

PERFECT YOUR POWDER

Powder your T-zone with a clean eyeshadow blending brush rather than a large, fat powder brush, suggests makeup artist Gina Kane. It will help you to get right into hard-to-reach areas such as sides of the nose, around the nostrils and between the brows.



Lottie London Tapered Blending Brush, £5
Gets powder where it's needed most.

15

GIVE EYES A LIFT

As the scaffolding of the face loses structure with age, the eye area loses definition. Blending shadow into the crease will put definition back, but it's not always easy to hit the right spot. Slowly tilt your head back until you see a shadow – this is where the crease would be and the best place to add depth with makeup.

Sleek MakeUP
Locked Up
Super Precise Lip Liner
Just Say Nothing 1260

16

FLIP YOUR LIP LINE

If you've been using the same technique to line your lips for years, try running your pencil from the corners of your mouth up towards the Cupid's bow instead of the other way around. You'll be amazed at the fuller-looking finish.

Sleek Makeup Locked Up Super Precise Lip Liner, £4.99; Max Factor Colour Elixir Lip Liner, £5.99
With soft tips that never drag.

17

TAP HERE FOR SHIMMER

Love a shimmery eye? Try applying your eyeshadow with fingers rather than a brush. The natural oils in our fingertips are a fantastic binder for shimmering particles, and pressing (rather than sweeping) them on will minimise fallout.

For happy healthy hair

18

Beauty Works Dry Oil Spray, £14.99
Adds shine and tames frizz.

Beauty Works
PROFESSIONAL
Dry Oil Spray
COCONUT

CONDITION, QUICK!

Pulling on a woolly hat to prevent winter frizz can backfire by roughing up the surface of the hair and leaving it unable to reflect light as well – in other words, what was once glossy can quickly become dull. Dry conditioners in handy spray formulas restore moisture as well as shine, making them the perfect quick fix when the hat comes off.

19

APPLY WHEN WET

Always apply leave-in conditioner, serum or mousse while your hair is still wet (but not sopping) after washing. Not only does wet hair have more 'memory' (meaning it will hold a style better), you'll get a better finish by the time it's dry, says Aveda global artistic director Tippi Shorter. 'If hair dries with the cuticles unsealed by product, frizz forms,' she explains. So, now you know.

20

DRY IT STRONGER

Leaving hair to dry naturally isn't always a gentler alternative to a blow-dry, say the scientists at GHD, explaining that hair fibres swell when wet, and the longer that swelling goes on for, the more pressure it puts on delicate hair proteins. For the gentlest way to dry, Dr Tim Moore, former vice president of innovation, recommends towel-drying with a scrunching motion first. 'Then, spritz your hair with a heat protectant spray and start blow-drying on the lowest setting, slowly increasing the heat as the hair becomes drier.'

GHD Air Professional Dryer, £119
A joint winner in our *Prima* lab testing, with testers finding hair looked healthier after use.

21

PUMP IT UP

'Give fine hair volume, lift and hold by finishing your blow-dry with a blast of cool air with your head turned upside down, directing the air from root to tip,' says stylist Paul Windle of Windle London. 'It's also important not to overload your hair with too many styling products.'

Umberto Giannini
Texture Boost
VOLUMISING DRY TEXTURE MIST
BRUME À TEXTURE SÈCHE
For fine or flat hair
200 ml ℮ 6.7 US fl. oz

Umberto Giannini Texture Boost Volumising Dry Texture Mist, £7.75
Boosts limp hair without weighing it down.

22

TRY A TONER

Toners aren't just for professional stylists. Also known as glosses or glazes, they're an easy solution if you want to to switch up your hair colour without long-term commitment, and often improve condition and boost shine at the same time. 'They're temporary top coats that can completely change the tone of your hair,' says colourist Josh Wood.

Icy Blonde
gloss
Semi-permanent treatment gloss
100% VEGAN
josh wood colour.
100 ML ℮ 3.3 FL. OZ.

Josh Wood Colour Hair Gloss, £19
Gets perfect results every time.

23

TEND TO YOUR ENDS

It's a myth that getting your hair cut regularly makes your hair grow faster, but it will help avoid breakage and make it appear thicker at the ends. 'Split ends can travel up the hair shaft if not caught in time, so regular trims can prevent the need for a more dramatic cut later down the line,' says hair expert Michael Van Clarke. →

Perfume know-how

24

HAIR FLAIR

Fragrance clings to hair as well as skin. Try misting a hairbrush with your signature scent and comb it through after drying.

25

KEEP IT COOL

Some experts say rubbing wrists together after applying perfume changes the way it develops by heating it too fast. Instead, spritz on then leave to sink in. See page 48 for tips to make perfume last longer.

26

TRY BEFORE YOU BUY

Perfumer Linda Pilkington recommends wearing a potential new scent for 24 hours before you commit. 'Take a sample home if you can, then wear it in the morning after your shower, before your senses are corrupted by breakfast and coffee,' she says. 'Reapply during the day and let your colleagues and friends smell it, too. You'll soon know if it's a keeper.'

Nailing it

27

ROLL WITH IT

Giving your nail polish a good shake before opening it can cause tiny air bubbles to rise to the surface and jeopardise the smoothness of your mani. Try rolling the bottle between the palms of your hands instead.

Essie Nail Lacquer in Eternal Optimist, £7.99
High shine and easy to use.

28

FILE ONE WAY

'Don't use a seesaw motion when filing your nails, as it can cause the layers of the nail to lift and peel,' says nail artist Kerry Catling, who recommends using an emery board rather than a glass file: 'You risk overfiling, as it takes longer to see results.'

29

GO 'SQUOVAL'

Filing your nails so they're rounded at the sides but straight at the top will give you the best nail strength – very round nails have a weaker tip, while square ones can catch at the sides, making the ideal shape somewhere in between.

NEW TUBE INTEGRATING CARDBOARD
GARNIER
NATURAL 98% ORIGIN
Hand
SUPERFOOD
48h REPAIRING BALM
COCOA + CERAMIDE
Very dry, rough hands

Garnier Hand Superfood 48h Repairing Balm, £4.99
With ceramides and shea butter, to condition and repair.

30

SOFTEN UP

When hands are feeling dry from frequent washing, apply a rich layer of hand cream under cotton gloves at night, says consultant dermatologist Dr Justine Hextall. 'After a few nights, the skin barrier will start to heal. The difference can be amazing.'

Words Hearst Lifestyle
Photography Martin Bauendahl/Gallery Stock

SALE

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SCAN ME

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My beauty *SECRETS*

NADIYA HUSSAIN

The author, TV presenter and *Bake Off* star tells us how she looks and feels her very best

it
YOUR SKIN BUT BETTER
CC+
Color Correcting Full Coverage Cream
Hydrating and Anti-Aging Concealer
SPF/FPS UVB 50+
UVA PA+++
it COSMETICS

FLAWLESS FINISH

I learned about SPF from *This Morning* and now I wear it every single day. I struggle to find one that doesn't leave me looking like the Tin Man, but **IT Cosmetics Your Skin But Better CC+ Cream with SPF 50+**, £33, makes my skin look flawless. I put it on with my **IT Cosmetics Heavenly Luxe Complexion Perfection Brush #7**, £36, then massage it in with my hands.

CHIC CONTOUR

I love swiping blush on to the apples of my cheeks with a big brush; it makes me feel like a grown-up. My daughter – who is amazing at makeup – taught me to go all the way up to my hairline. Apparently it elongates my face!

Vaseline
pure petroleum jelly
original

BARGAIN BUY

Vaseline, £2.99, is the thing I've used since childhood and will never give up. I use it on my elbows, knees and ankles, but I also put on a massive layer after cleansing my face every Sunday night. I look like a Malteser in the morning; my skin is so plump and hydrated.

CeraVe
Hydrating Foaming Oil Cleanser
Huile Lavante Moussante Hydratante
BEAUTY BOOSTER
Oil
Trish McEvoy
it CONFIDENCE IN A CREAM

SKIN DEEP

I'm very regimented about my skincare. I cleanse twice with **CeraVe Hydrating Foaming Oil Cleanser For Dry Skin**, £12.50, then I'll moisturise. If I want deep, deep moisture, I'll use **IT Cosmetics Confidence In A Cream**, £44; it has such a lovely texture. I also use **Trish McEvoy Beauty Booster Oil**, £115, in the winter, which is gorgeous.

SELF-CARE

Having a bath is one of the things I love to do because it's the only time in my life when I don't have to talk to anyone! My bubble bath of choice is **Johnson's Baby Bubble Bath**, £2.50. I've tried others but that's the one I really love.

Johnson's
baby bath
300ml

NIGHT VISION

Day-to-day, I'll wear my winged eyeliner, but if I'm going out-out, I'll really pack it on. It could be gold or glittery eyeshadow – even a coloured mascara. **Lime Crime Eyeshadow Palettes**, from £30, have such bold colours. I add a bit of liquid (micellar water works) and turn them into eyeliners.

MOLTON BROWN
LONDON
Delicious Rhubarb & Rose
HAND CREAM

COLD COMFORT

My hands really suffer in the winter. I was gifted Molton Brown Delicious Rhubarb & Rose Hand Cream, £12, a long time ago and I've stuck with it ever since.

NEW YEAR, NEW YOU

Everyone gives stuff up for New Year – mostly chocolate, but there's absolutely no way I can do that. I'd like to learn something new instead. Last year, I successfully learned how to knit, so this year's aim is to get my motorcycle licence. It's my dream to buy a sage green Vespa before I turn 40.

CONFIDENCE TRICKS

Knowing who I am gives me confidence – that, a lipstick [such as **MAC Matte Lipstick in Lady Danger**, £20] and a good pair of shoes. Shoes are the first thing people notice when you walk into a room. I have some spectacular boots from Hush, which come in every colour.

BATH HOUSE
fig & nutmeg
cologne

SCENTS TO PLEASE

I don't cheat on my perfumes; if I like a smell, I like a smell. I wear **Paul Smith Extreme For Women Eau De Toilette**, £46, for work; it's quite zesty. Day-to-day, it's **Bath House Fig & Nutmeg Cologne**, £55. I get my husband to buy it for me every birthday because I'm so scared they'll stop making it.

- *Nadiya Hussain is IT Cosmetics' new ambassador for Confidence*

As told to Alexandra Friend **Main picture** Nadiya wears IT Cosmetics Your Skin But Better CC+ Cream with SPF 50 in Rich

THE *HOUSE BEAUTIFUL* COLLECTION BY **DREAMS**

For the perfect combination of style and comfort, look no further than the *House Beautiful* Collection of bed frames at Dreams

NEVA

A great night's sleep can be more than just a fairy tale, thanks to the *House Beautiful* Collection of sumptuous bed frames at Dreams.

Each of these stunning bed frames, opulently upholstered in super-soft, plush fabric with a luxurious, velvety feel, offers key design and comfort elements, such as deeply padded headboards, sprung slats, detail stitching and natural-effect legs.

As well as looking and feeling gorgeous, the bed frames offer masses of hidden storage. Neva and Grove feature capacious end-opening ottomans, big enough to hold spare bedding, duvets, pillows and more; while Maisy and Florence have an ingenious 'shadow' ottoman, a black fabric pouch that blends in seamlessly once the bed is closed, giving the impression that the under-bed is clear. How clever is that?

NEVA

MAISY

GROVE

FLORENCE

See more in-store and online at **dreams.co.uk/house-beautiful**

Dreams

HAPPY CRAFTING!

prima makes

make it • sew it • knit it • give it • love it

THIS MONTH...

Knit a fun, chunky jumper with peplum-shape bodice; start the new year as you mean to go on with some brilliant storage solutions to keep your home stylishly spick and span; try Lisa Comfort's easy-to-sew makeup bag; and pick your perfect style with our super-versatile shirt pattern.

See over the page for our fab 14-PAGE MAKES SECTION

That's SORTED!

These simple-to-make crafts will keep everything in your home nice and tidy

Sussex Pubs

FABRIC POTS

These charming pots can be used for storing bits and bobs, or even as decorative plant pots.

You will need

✻ Plain heavyweight linen ✻ Fabric scissors ✻ Patterned cotton fabric ✻ Interfacing ✻ Pins ✻ Needle and thread (or sewing machine)

To make

❶ Cut a circle of linen for the base.

❷ Cut two rectangles, one in linen and one in the patterned fabric, long enough to fit round the diameter of the base, with a 2cm seam allowance. Cut out another rectangle from the interfacing to the same size.

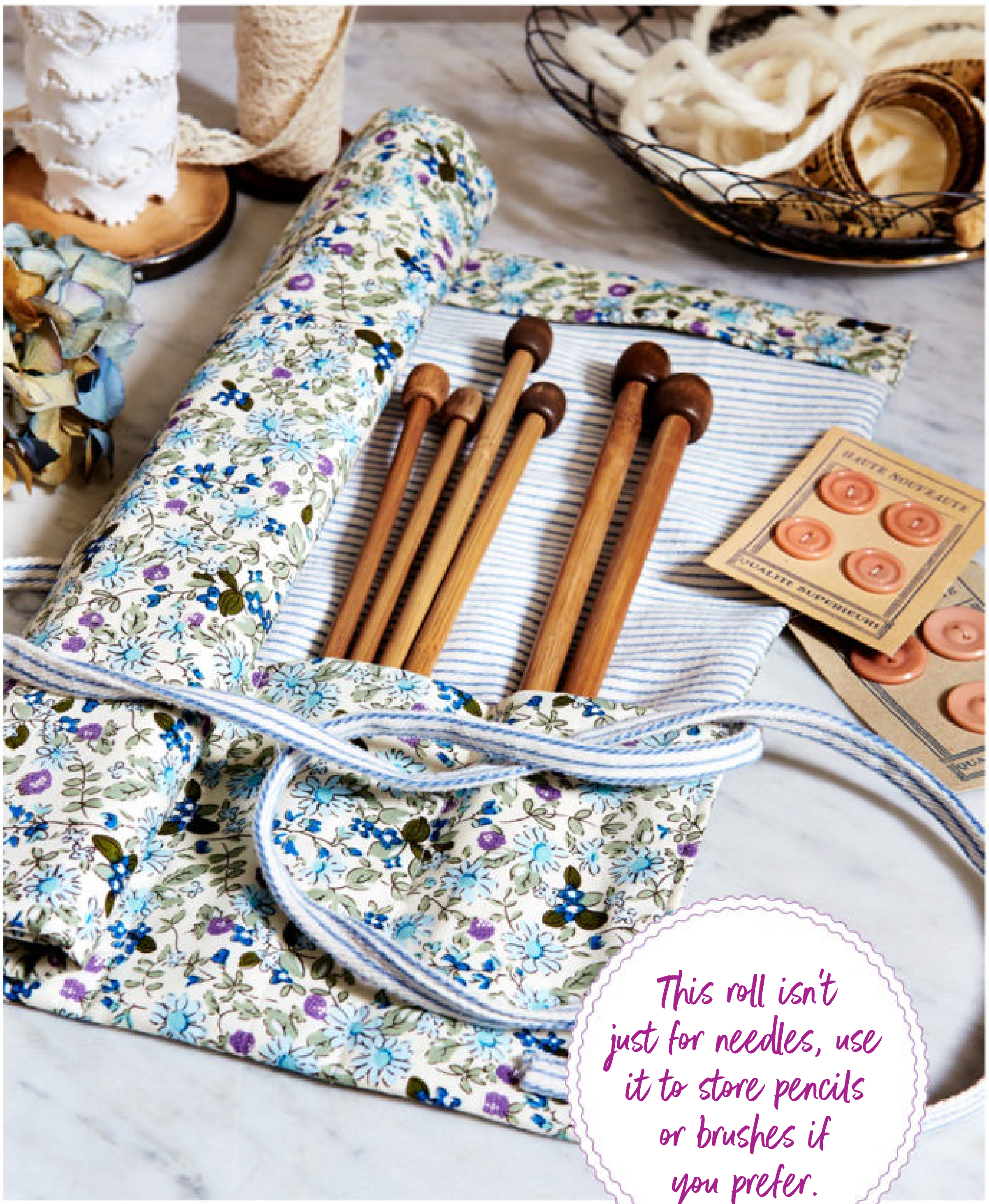
❸ Place the fabric rectangles wrong sides together and put the interfacing on top; sew together around the edges leaving a gap on one side. Turn through to the right side, then stitch the gap to close.

❹ Fold your fabric in half with the patterned fabric on the outside and sew along the edge leaving a 1cm seam allowance so you're left with a tube-shaped piece.

❺ Pin the tube around the base, then sew in place with a 1cm seam allowance.

❻ Turn right way out so the linen is on the outside, and then fold over the top edge.

Switch the linen and the patterned cotton around for a more dramatic look.



This roll isn't just for needles, use it to store pencils or brushes if you prefer.

NEEDLE ROLL

Give your knitting needles a safe home in this pretty pouch.

You will need

✻ Two contrasting fabrics ✻ Tape measure ✻ Fabric scissors ✻ Iron ✻ Sewing machine ✻ Pins

To make

❶ Cut a length of your lining fabric into a strip about 2cm wide to make the tie. Turn in and press the long sides by 5mm. Fold in half lengthways, wrong sides together, and stitch close to the open edge.

❷ Cut two rectangles of contrasting fabrics, about 40 x 56cm tall. This will make a roll about 38 x 36cm tall, which will hold needles up to 35cm – you can make it shorter or longer if you like.

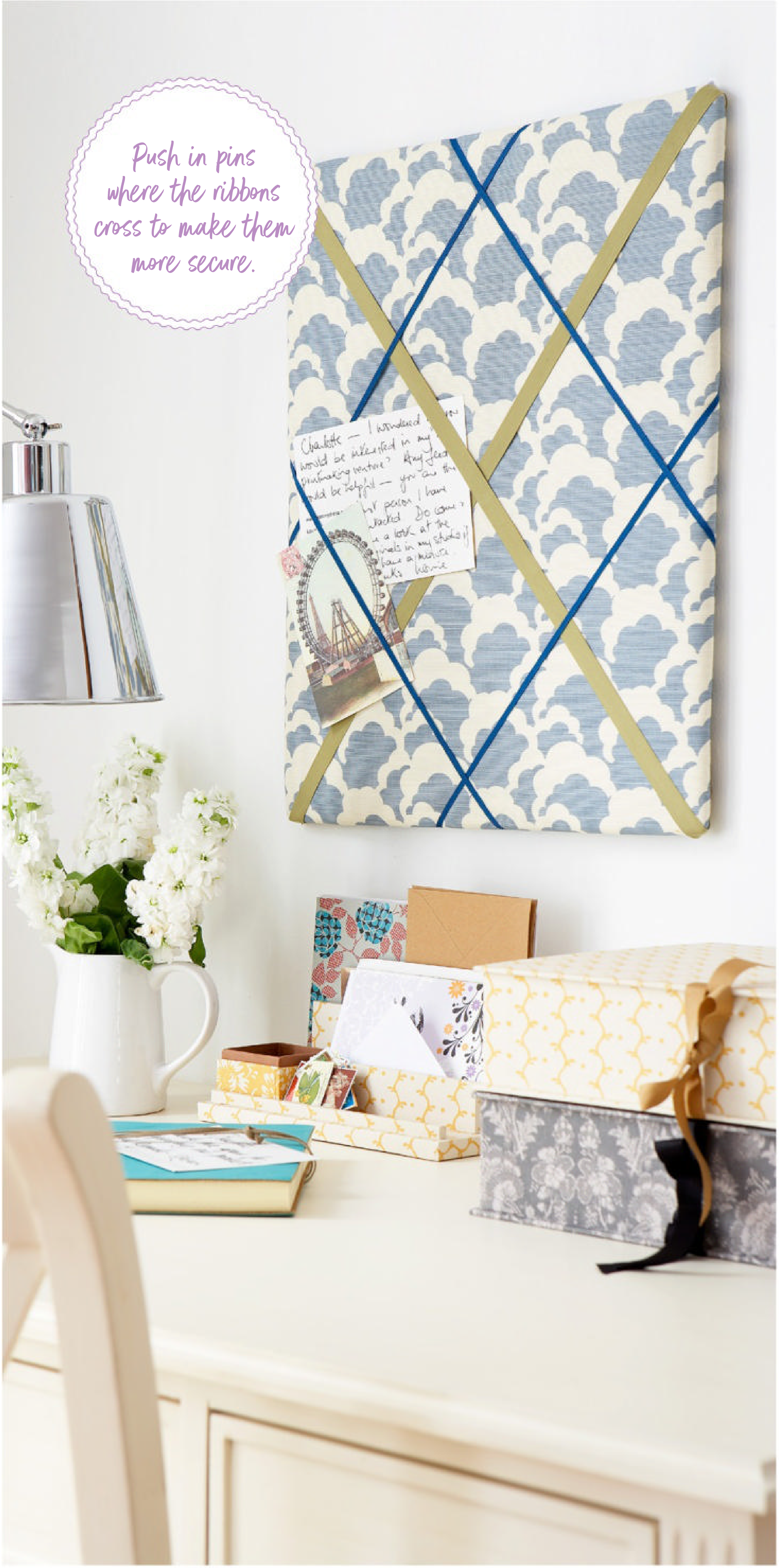
❸ Sew the middle of the tie in place on your outer fabric, near to one side edge, but clear of the 1cm seam allowance.

❹ Place both fabrics right sides together; pin and stitch together around the edge, taking a 1cm seam allowance. Leave a gap at the top for turning through and be careful not to trap the tie in the stitches. Turn right-side out and press.

❺ With the inner fabric facing up, fold over a 3cm cuff at the top (to keep longer needles in place) and pin. You can make the cuff deeper to suit the length of your needles. Stitch down the side edges only.

❻ To make the large pocket, fold up the bottom edge by about 15cm, and pin. Stitch in place along the side edges.

❼ Stitch an extra line down the middle of the top band to keep the cuff in place. Along the bottom pocket, sew vertical lines of stitching several times along to create pockets for different-sized needles. ➜



Push in pins where the ribbons cross to make them more secure.

FABRIC NOTICEBOARD

A padded noticeboard is perfect for displaying treasured notes and pictures.

You will need

- **Fabric – big enough to cover one face of the board with a 10cm overlap**
- **Tape measure**
- **Fabric scissors**
- **Piece of board approximately 1cm thick**
- **Thick wadding – big enough to cover one face of the board with a 5cm overlap**
- **Tape**
- **Staple gun**
- **Ribbons**
- **Picture hanging fixings**

To make

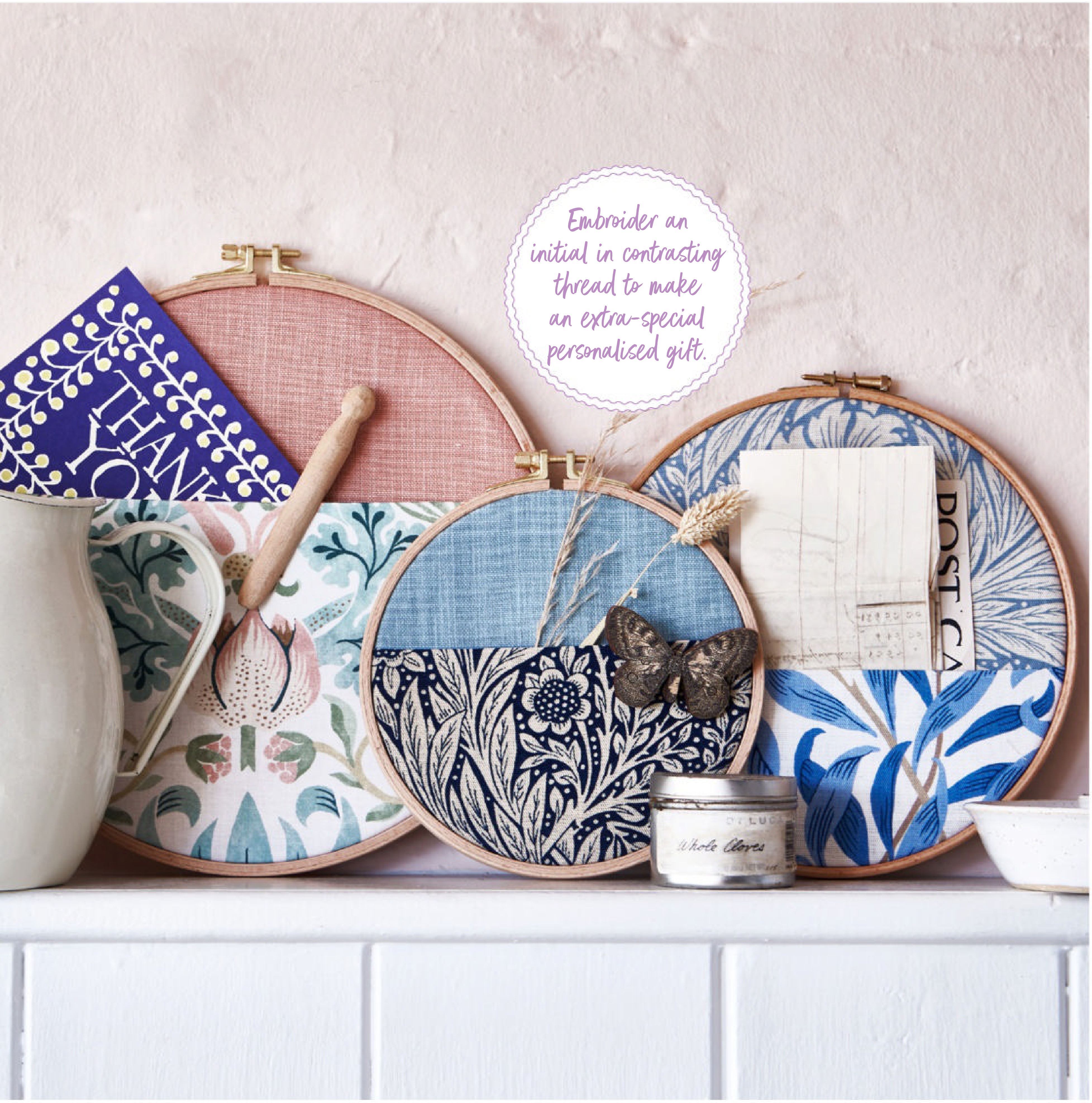
① Measure and cut the fabric to the size of your board with a 10cm overlap on each edge and place pattern-side down on a flat surface.

② Measure and cut the wadding to the size of the board with a 5cm overlap on each edge. Place the wadding in the middle of the wrong side of the fabric and the board in the middle of the wadding.

③ Starting on one side, take the edge of the wadding and tape to the back of the board. Do this on all four sides. Then gently pull the fabric, one side at a time, over to the back of the board. Gently fold under the raw edge of the fabric and staple down to secure it. Be sure to pull the fabric enough so that it will be flat and tight across the front of the board.

④ With the wadding and fabric in place, turn the board over to the front. Take the ribbon and arrange it in a diamond shape. Once you are happy, staple the ends of the ribbon, one piece at a time to the back of the board. Make sure you pull the ribbon tightly so it will be able to hold things in place behind it once you're done.

⑤ Attach one or two picture hanging fixings to the back of the board and hang it in place on the wall.



Embroider an initial in contrasting thread to make an extra-special personalised gift.

EMBROIDERY-HOOP NOTE HOLDERS

These little pockets are easy to make and useful for storing small items and letters.

You will need

- **A selection of fabrics**
- **Iron and ironing board**
- **Embroidery hoops**
- **Glue or needle and thread**
- **Felt (optional)**

To make

❶ Choose two co-ordinating fabrics for each hoop. Iron the fabrics, folding over the top edge of one piece and ironing it flat, then placing it on top of the other fabric.

❷ Put both parts of the hoop in place and tighten it to secure the fabrics, right sides up, so they are taut.

❸ Cut away excess fabric on the reverse and stick down or sew (loose running stitch, pulled tight) the raw edges to neaten. Cover the back with a circle of felt, stitched in place, if you like.

DRAWSTRING BAGS

Use these bags to store spices, sugar or flour in its original packaging with a label card and best before date tucked inside the pocket on the front.

You will need

✻ Strong cotton, ticking or twill fabric ✻ Ruler ✻ Scissors ✻ Pinking shears ✻ Pins ✻ Sewing machine or needle and thread ✻ Iron ✻ Ribbon or twine for drawstring ✻ Large safety pin

To make

❶ Cut your fabric into rectangles, using a ruler to ensure that each bag is made out of pieces that are the same size. For small pouches, which work well for storing spices, cut rectangles 15 x 12cm in size. For larger bags, to hold items such as sugar or flour, 24 x 20cm dimensions work best.

❷ From a contrasting fabric, use pinking sheers to cut out a suitably sized square for the pocket. Pin this on three sides to the material that will form the front panel of your bag, then hand or machine-sew in place.

❸ Iron and sew a 1-1.5cm hem on the top edges of your rectangles, leaving a channel that will be wide enough to thread through the ribbon.

❹ Lay the front and back panels right sides together and pin the sides and bottom edge in place. Sew, removing the pins as you go, starting and stopping just below the hem through which your drawstring will run.

❺ Cut a length of ribbon to make your drawstring and attach a safety pin to one end – this will help you thread it through the channel. Once threaded through, tie the ends of the ribbon together. Turn the bag right way out, then press.

This technique can be sized up to make a bread bag.

Makes Alaina Binks, Charlotte Boyd, Sarah Moore, Ben Kendrick
Photography Mark Scott, Rachel Whiting, Penny Wincer, Alun Callendar

Mindful CRAFTS with Sara Davies

The TV star and top crafter shows you how to make this stylish artwork

I absolutely love creating new things for the house and this glue gun canvas project is no exception. I cannot stress how easy this project is – honestly, a glue gun is a crafter's best friend – and the best part is you can't make a mistake or go wrong, it just adds to the finished piece. Hope you enjoy it, too.

love Sara xxx

You will need

✻ **Glue gun** ✻ **Canvas**
✻ **Gold metallic paint marker**

To create

❶ Plug in your glue gun to heat up.

❷ Take the blank canvas and, using your glue gun, try to create some straight lines of glue, working out from the centre to the edges.

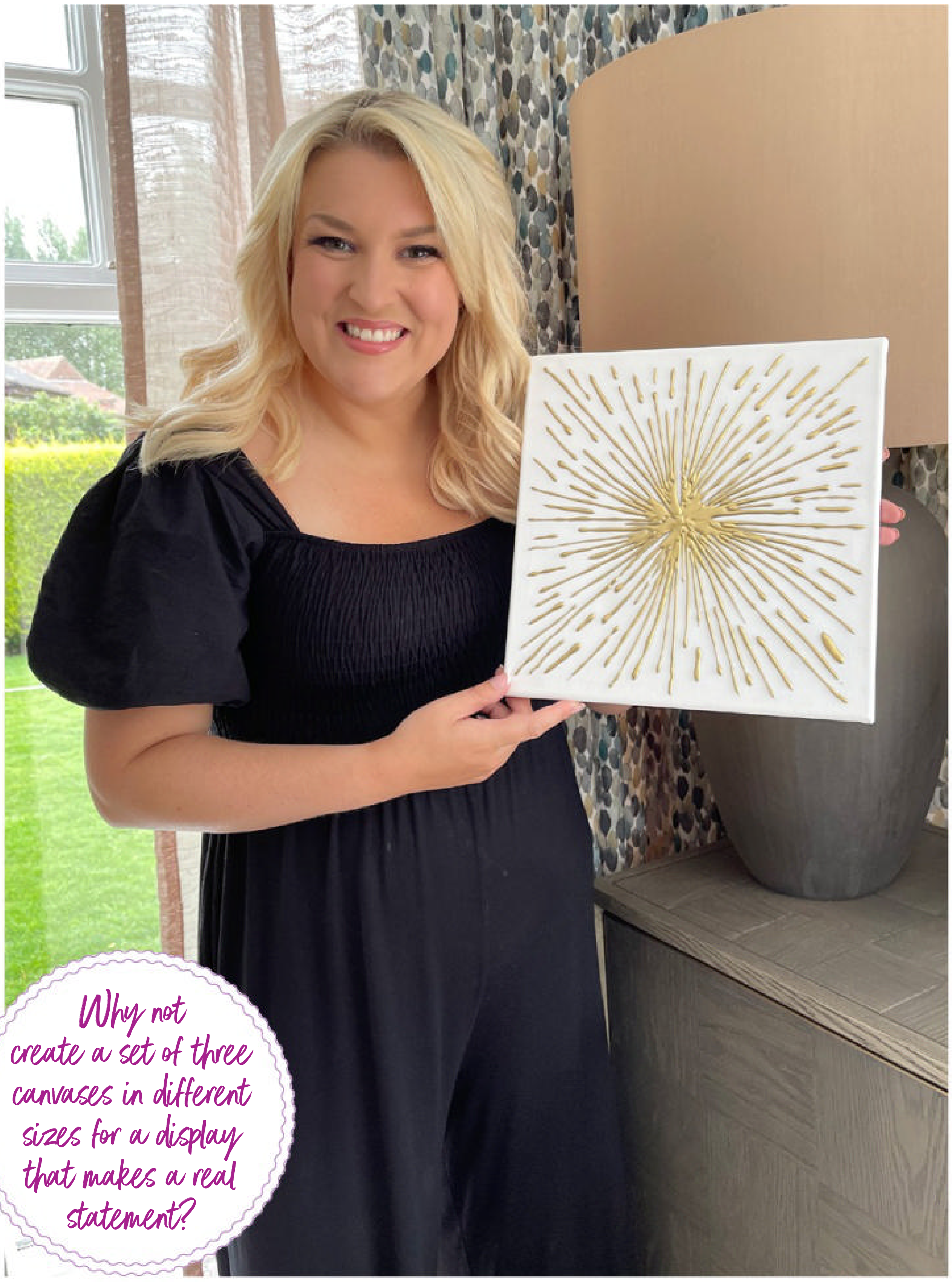
❸ Keep creating the lines from the centre; vary them in length as you work your way around the canvas.

❹ Set aside the canvas to dry. This should take no longer than an hour or so.

❺ Using your gold metallic paint marker, colour over the top of the dried glue lines.

❻ Leave to dry for a couple of hours.

❼ Display your canvas in your chosen spot!



Why not create a set of three canvases in different sizes for a display that makes a real statement?

Illustration Getty

For more crafting inspiration, visit crafterscompanion.co.uk

EXCLUSIVE DESIGN FOR *PRIMA*

All about THE SHIRT

Make a fresh start for the new year with this classic regular-fit shirt in three versatile styles

With one simple pattern you can make these three stunning take-you-anywhere shirts. There are different sleeve lengths to choose from as well as variations on the patch pocket. Make the crisp white style for the office or pair the puff-sleeve option in a ditsy floral fabric with smart jeans for Sunday lunch. And if you're longing for spring, why not opt for the mid-sleeve style in a casual stripe?

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1

Skirt, £35, 6-24; **bag**, £29.50, both Marks & Spencer. **Boots**, £29.99, 2-9, H&M

Pattern Becky Perry **Seamstress** Laura McRae **Illustrations** Terry Evans **Photography** Claire Pepper **Styling** Helen Johnson **Hair & makeup** Carl Stanley

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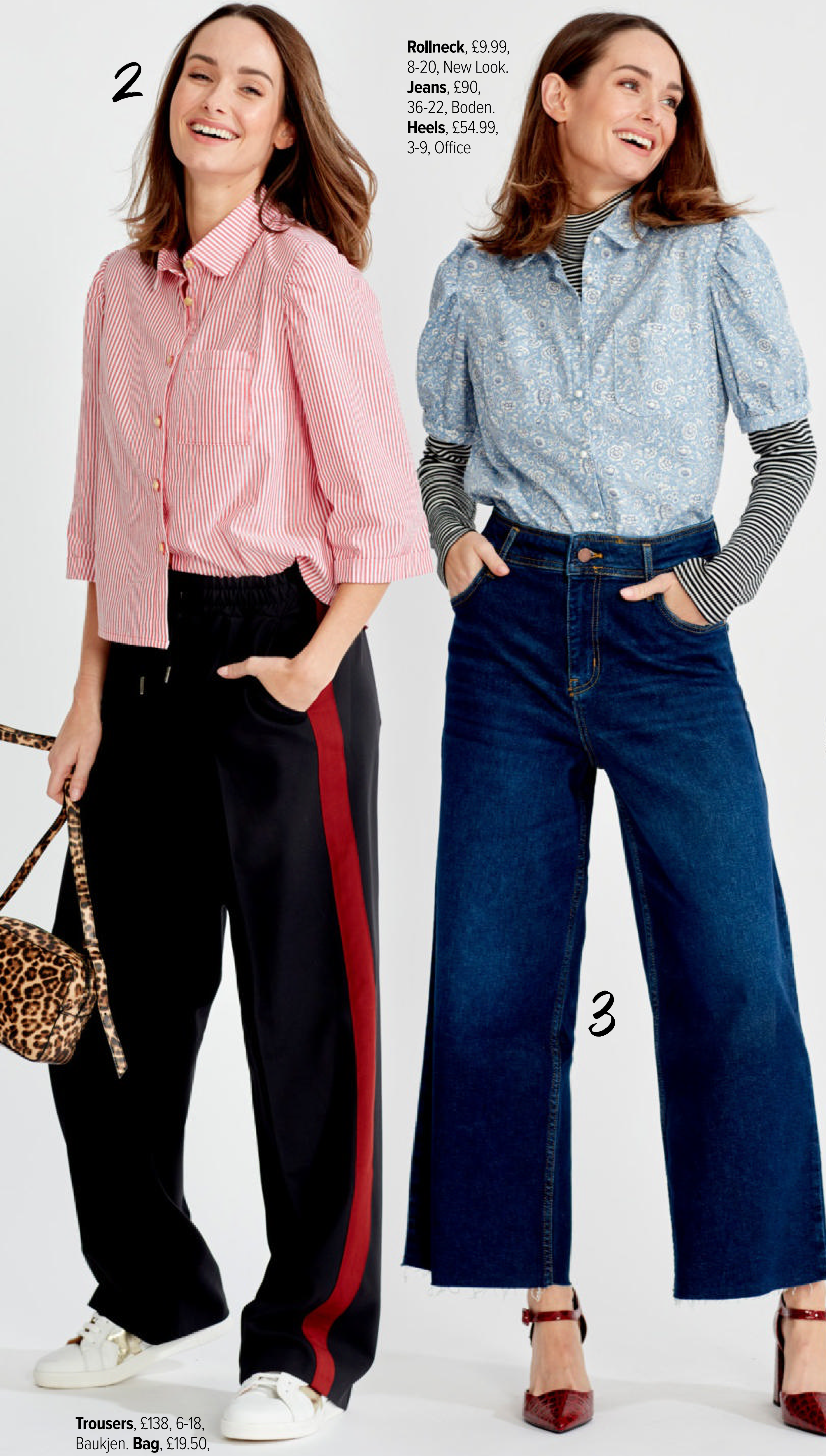


Rollneck, £9.99, 8-20, New Look. **Jeans**, £90, 36-22, Boden. **Heels**, £54.99, 3-9, Office

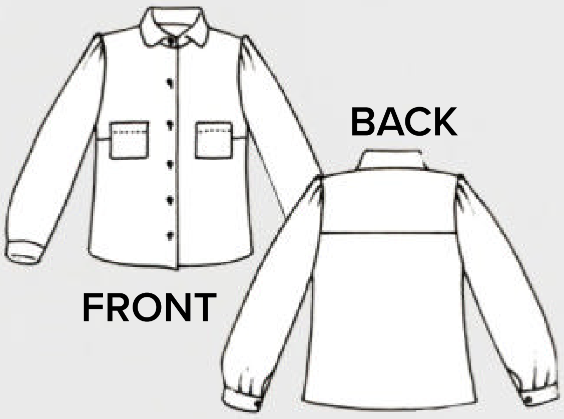
Trousers, £138, 6-18, Baukjen. **Bag**, £19.50, Marks & Spencer. **Trainers**, £70, 3-8, Dune London.

Need to know

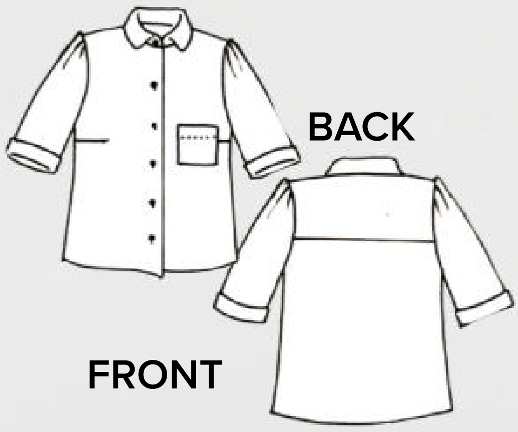
SIZES 6-24 Sew a regular-fit shirt with pocket detail. Choose from either classic long-sleeve with cuff, three-quarter-length sleeve with turn-up detail or an elbow-length gently puffed sleeve.

FABRICS We used white voile for the long-sleeve shirt, a red and white ticking stripe for the three-quarter-length sleeve shirt and a blue ditsy floral print for the puff-sleeve shirt. All fabric from Fabrics Galore. Buttons from Etsy shops: Ethel & Joan and The Button Shed UK.

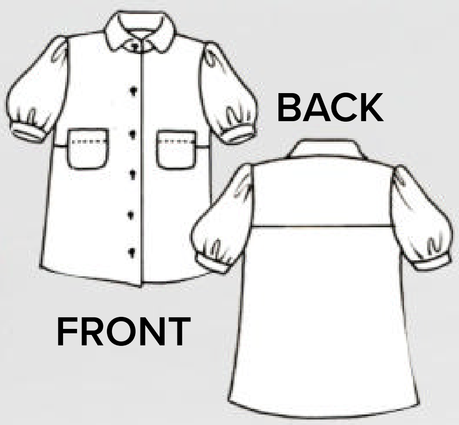
Shirt 1



Shirt 2



Shirt 3



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SEW with Lisa

Keep your makeup organised with this beauty bag from Lisa Comfort

You will need

✻ Dinner plate ✻ Paper ✻ Pencil ✻ Scissors ✻ Pins ✻ 50 x 50cm outer fabric ✻ 30 x 30cm inner fabric ✻ Ruler ✻ Iron ✻ Sewing machine ✻ Needle ✻ 1m cord or ribbon ✻ Safety pin

To make

❶ Using a dinner plate, draw a template on the paper. Cut out and pin on to the two fabrics (pin through both in one go to save time). Cut out.

❷ Fold the remaining outer fabric in half. You want the fold to be 45° from the selvedge or straight grain of the fabric. Press the fold.

❸ Open up the fabric and, using a ruler, draw a strip along the pressed fold line. This should be around 4-5cm wide, and long enough to fit around the half the circumference of the circle. Repeat for a second strip.

❹ Fold the outer circle in half and mark the halfway points with two notches at the edge.

❺ Press the strips wrong sides together lengthways. Pin them to the outer circle edge, aligning the raw edges. Tuck under the short ends of the strips. Stitch in place with 1cm seam allowance. The ends should meet at the notches.

❻ Place the inner-circle right sides together with the outer circle, sandwiching the strip. Stitch together with 1cm seam allowance. Leave a gap of 10cm to turn through after.

You can make the bag as big as you want – just start with a larger circle!

❼ Turn through. Tuck under the seam allowances in the gap. Slip-stitch closed. Press flat around all the edges.

❽ Cut the cord in half. Thread a safety pin on to one half and thread through one channel, leaving the ends loose. Repeat with the other length, then knot the ends together. Pull ends and the bag gathers up!

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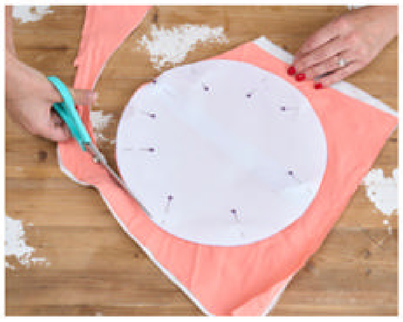

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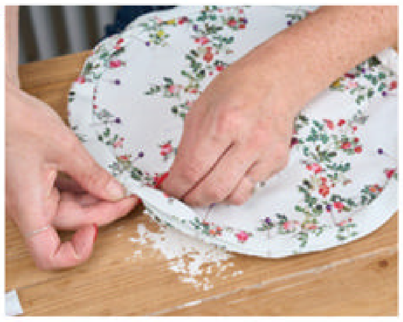

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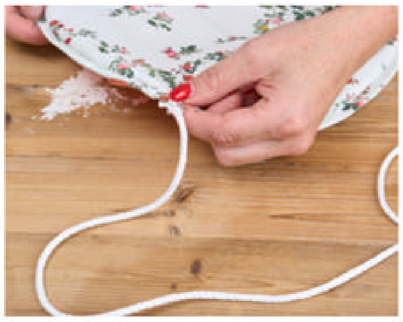

You'll find lots more sewing advice, quick and easy projects, and dressmaking patterns at sewoverit.com and on Instagram @sewoveritlondon

Photography Jesse Wild

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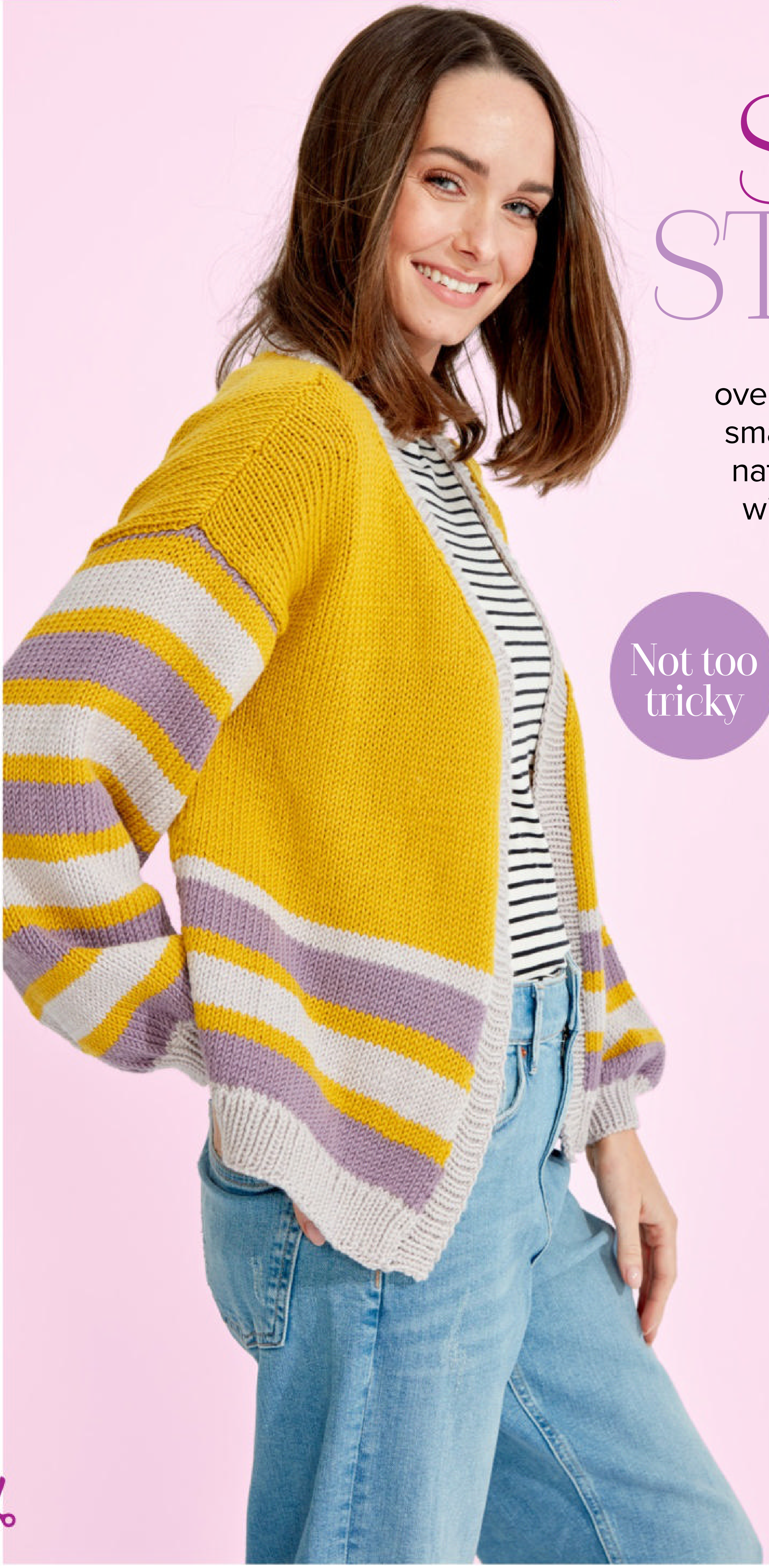


Super STRIPES

Snuggle up in this over-size cardigan with its smart stripe pattern. The naturally soft Aran wool will make it your go-to piece for winter.

Not too tricky

Materials

- 6(7:7:8:9) 50g balls MillaMia Naturally Soft Aran (100% Merino wool) in Ochre 240 (A), 4(5:5:6:6) 50g balls in Oat 228; 3(3:3:4:4) 50g balls in Heirloom 250 (C).
- Pair each of 4.5mm and 5mm straight knitting needles.
- 4.5mm circular needle, at least 80cm long for border.
- 4 stitch markers.

Measurements

To fit chest: 81-86(91-97:102-107:112-117:122-127)cm.
Actual chest: 110(120:130:140:150)cm.
Length: 56.5(58.5:60.5:62.5:64.5)cm.
Sleeve length: 46cm.

Tension

18 sts and 24 rows to 10cm square over stocking stitch using 5mm needles.

Turn the page for full instructions

COSY CARDI

Abbreviations

Beg beginning; **cm** centimetre; **cont** continue; **dec** decrease; **foll** follow; **g** gram; **k** knit; **p** purl; **patt** pattern; **pfb** purl into front and back of next stitch; **rem** remaining; **rep** repeat; **RS** right side; **ssk** slip 2 stitches knitwise, knit these 2 stitches together through back loops; single left-leaning decrease; **st** stitch; **tog** together; **WS** wrong side; * repeat the instructions following the single asterisk as directed; [ ] work instructions within brackets as many times as directed or for a specific size.

1x1 rib

Row 1 (RS) P1, *k1, p1; rep from * to end.

Row 2 (WS) K1, *p1, k1; rep from * to end.

Stocking stitch stripe

Using C, Work 8 rows in stocking stitch, beginning with a knit row.

Using A, Work 4 rows in stocking stitch, beginning with a knit row.

Using B, Work 8 rows in stocking stitch, beginning with a knit row.

Using A, Work 4 rows in stocking stitch, beginning with a knit row.

These 24 rows **set** stripe patt.

Back

Using 4.5mm needles and B, cast on 119(129:139:151:161) sts.

Work in 1x1 rib until Back measures 5cm from cast on edge, ending after a RS row.

Dec row (WS) P2(7:6:6:5), p2tog, [p4, p2tog] 19(19:21:23:25) times, p1(6:5:5:4). 99(109:117:127:135) sts.

Change to 5mm needles. **

Work in stocking stitch stripe pattern for 24 rows.

Using C, Work 8 rows in stocking stitch, beginning with a knit row.

Using B, Work 4 rows in stocking stitch, beginning with a knit row.

Cont in A and stocking stitch (throughout), until Back measures 34cm from cast on edge, ending with a WS row.

Place a marker at either end of last row to mark armholes. **

Cont in stocking stitch until armholes measure 20(22:24:26:28)cm from marker, ending with a WS row.

Shape shoulders

Cast off 8(10:11:12:13) sts at beg of next 2 rows. 83(89:95:103:109) sts.

Cast off 9(10:11:12:13) sts at beg of next 2 rows. 65(69:73:79:83) sts.

Cast off 9(10:11:12:14) sts at beg of next 2 rows. 47(49:51:55:55) sts.

Cast off rem sts for back neck.

Left Front

Using 4.5mm needles and B, cast on 55(61:65:71:77) sts.

Work in 1x1 rib until Left Front measures 5cm from cast on edge, ending after a RS row.

Dec row (WS) P3(3:5:5:1), p2tog, [p4, p2tog] 8(9:9:10:12) times, p2(2:4:4:2). 46(51:55:60:64) sts.

Change to 5mm needles. Work as for Back from ** to **. ***

Shape front neck

Next row (RS) K to last 3 sts, k2tog, k1. 45(50:54:59:63) sts.

Work 1 row straight in stocking stitch.

Rep last 2 rows 17(17:16:18:15) times more. 28(33:38:41:48) sts.

Next row (RS) K to last 3 sts, k2tog, k1. 27(32:37:40:47) sts.

Work 3 row straight in stocking stitch.

Rep last 4 rows 1(2:4:4:7) time(s) more. 26(30:33:36:40) sts.

Work 4 rows straight.

Shape shoulder

Next row (RS) Cast off 8(10:11:12:13) sts, k to end. 18(20:22:24:27) sts.

Next row (WS) P to end.

Next row Cast off 9(10:11:12:13) sts, k to end. 9(10:11:12:14) sts.

Next row P to end.

Cast off rem sts.

Right Front

Rep for Left Front to ***.

Shape front neck

Next row (RS) K1, ssk, k to end. 45(50:54:59:63) sts.

Work 1 row straight in stocking stitch.

Rep last 2 rows 17(17:16:18:15) times more. 28(33:38:41:48) sts.

Next row (RS) K1, ssk, k to end. 27(32:37:40:47) sts.

Work 3 row straight in stocking stitch.

Rep last 4 rows 1(2:4:4:7) time(s) more. 26(30:33:36:40) sts.

Work 5 rows straight.

Shape shoulder

Next row (WS) Cast off 8(10:11:12:13) sts, p to end. 18(20:22:24:27) sts.

Next row (RS) Knit.

Next row Cast off 9(10:11:12:13) sts, p to end. 9(10:11:12:14) sts

Next row Knit. Cast off rem sts.

Sleeves (both alike)

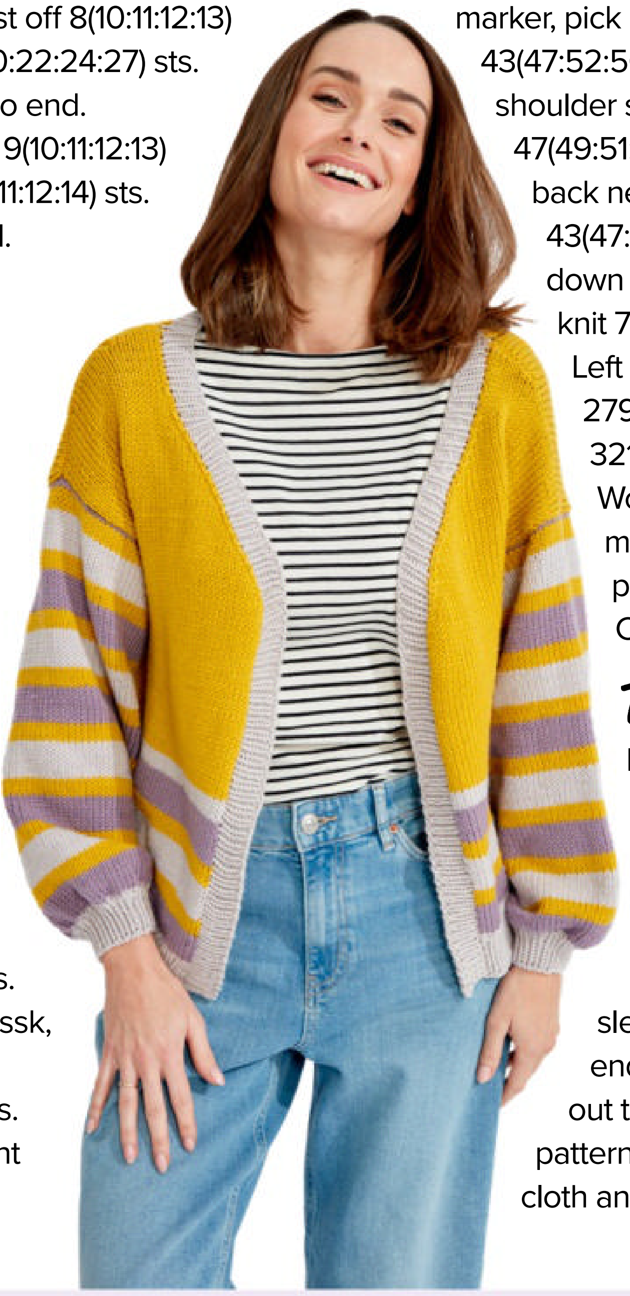
Using 4.5mm needles, cast on 37(41:43:47:51) sts.

Work in 1x1 rib until Sleeve measures 5cm from cast on edge, ending after a RS row.

Inc row (WS) P1(1:0:0:1), *pfb; rep from * to last 1(1:0:0:1) sts, p1(1:0:0:1). 72(80:86:94:100) sts.

Work in stocking stitch stripe pattern (throughout), until sleeve measures 46cm from cast on edge, ending with a WS row.

Cast off.



Border

Join shoulder seams.

Using 4.5mm circular needle and B with RS facing, beg at lower edge of right front, pick up and knit 73 sts evenly up to marker, pick up and knit 43(47:52:56:60) sts evenly up to shoulder seam, pick up and knit 47(49:51:55:55) sts evenly along back neck, pick up and knit 43(47:52:56:60) sts evenly down to marker, pick up and knit 73 sts evenly down to Left front to cast on edge. 279(289:301:313:321) sts.

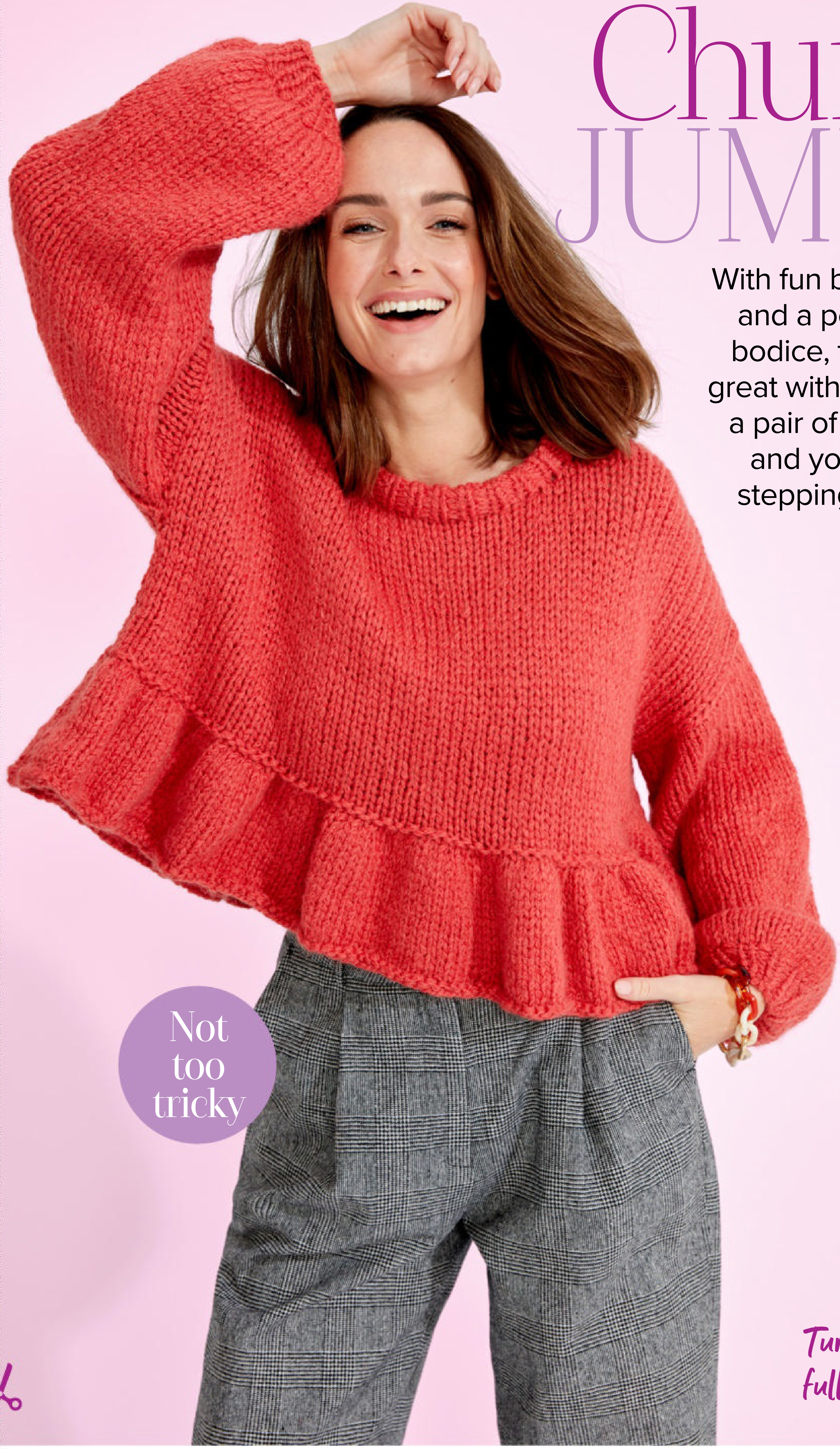
Work in 1x1 rib until border measures 4cm from pick-up edge.

Cast off in rib.

To make up

Insert sleeves in position by folding sleeves in half and placing the fold to the shoulder seam, sew in position. Join side and sleeve seams. Weave in ends. Pin your garment out to the size stated in the pattern, cover with a damp cloth and leave to dry.

EXCLUSIVE DESIGN FOR *PRIMA*



Chunky JUMPER

With fun balloon sleeves and a peplum-shape bodice, this knit looks great with trousers – add a pair of heeled boots and you'll really be stepping out in style!

Materials

- 11(12:13:14:16) 50g hanks Debbie Bliss Paloma (60% Baby Alpaca 40% Merino Wool) in Terracotta (46).
- One pair each of 9mm and 10mm straight knitting needles.
- 10mm circular needle, at least 80cm long for larger sizes.
- 4 stitch markers.

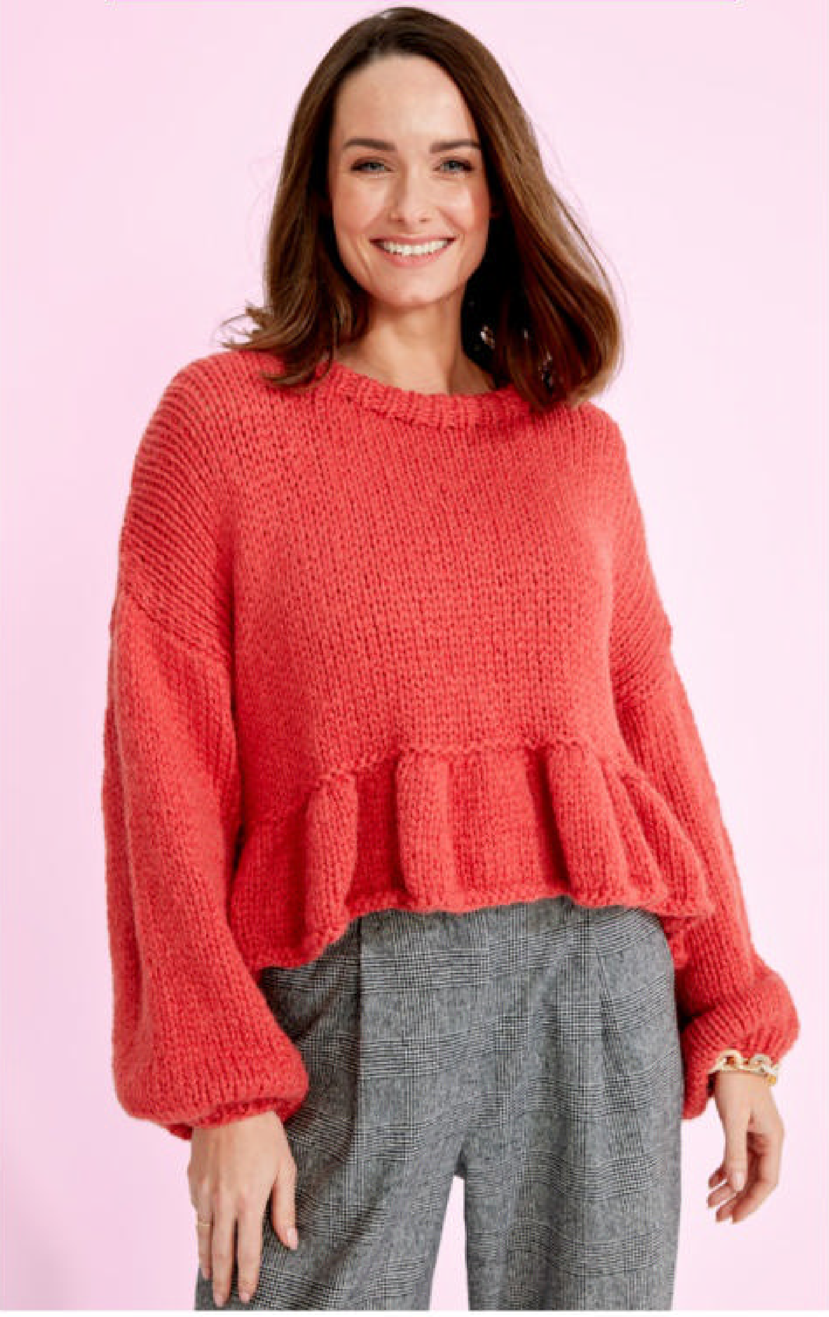
Measurements

To fit chest: 81-86(91-97: 102-107:112-117:122-127)cm.
Actual chest: 106(116:126:136: 146)cm.
Full length: 47(49:51:53:55)cm.
Sleeve length: 45cm.

Not too tricky

Turn the page for full instructions

CHUNKY JUMPER



Tension

12 sts and 14 rows to 10cm square over stocking stitch using 10mm needles.

Abbreviations

Beg beginning; **cm** centimetre; **cont** continue; **foll** follow; **g** gram; **k** knit; **p** purl; **pfb** purl through front and back; **rem** remaining; **rep** repeat; **RS** right side; **ssk** slip 2 stitches knitwise, knit these 2 stitches together through back loops (single left-leaning decrease); **st** stitch; **tbl** through back loop; **tog** together; **WS** wrong side; * repeat the instructions following the single asterisk as directed.

1x1 rib

Row 1 (RS) K1, *p1, k1; rep from * to end.

Row 2 (WS) P1, *k1, p1; rep from * to end.

Back

Using 10mm needles, cast on 128(140:152:164:176) sts.

knit 1 row.

Cont in stocking stitch for 14 rows, beginning with a knit row.

Dec row (WS) K2tog to end. 64(70:76:82:88) sts.

Knit 1 row.

Cont in stocking stitch (throughout) for 16 rows, beginning with a knit row.

Place a marker at either end of last row to mark armholes.

Cont in stocking stitch until armholes measure 20(22:24:26:28)cm from marker, ending with a WS row.

Shape shoulders

Cast off 7(7:8:9:9) sts at beg of next 2 rows. 50(56:60:64:70) sts.

Cast off 7(8:8:9:10) sts at beg of next 2 rows. 36(40:44:46:50) sts.

Cast off 7(8:9:9:10) sts at beg of next 2 rows. 22(24:26:28:30) sts.

Slip rem sts on to a holder for back neck.

Front

Work same as back to 8 rows before beginning of shoulder shaping.

Shape front neck

Next row (RS) K26(28:30:32:34), turn leaving the rem 38(42:46:50:54) sts on to a holder.

Next row (WS) P2tog, p to end. 25(27:29:31:33) sts.

Next row K to last 2 sts, k2tog. 24(26:28:30:32) sts.

Next row P2tog, p to end. 23(25:27:29:31) sts.

Rep last 2 rows once more. 21(23:25:27:29) sts.

Work 2 rows straight in stocking stitch.

Shape shoulder

Next row (RS) Cast off 7(7:8:9:9) sts, k to end. 14(16:17:18:20) sts.

Next row (WS) P to end.

Next row (RS) Cast off 7(8:8:9:10) sts, k to end. 7(8:9:9:10) sts.

Next row (WS) P to end.

Cast off rem sts.

With RS facing, working on rem 38(42:46:50:54) sts left on a holder, slip centre 12(14:16:18:20) sts on to a holder for front neck, K across rem 26(28:30:32:34) sts.

Next row (WS) P to last 2 sts, p2tog tbl. 25(27:29:31:33) sts.

Next row Ssk, k to end. 24(26:28:30:32) sts.

Next row P to last 2 sts, p2tog tbl. 23(25:27:29:31) sts.

Rep last 2 rows once more. 21(23:25:27:29) sts.

Work 3 rows straight in stocking stitch.

Shape shoulder

Next row (WS) Cast off 7(7:8:9:9) sts, p to end. 14(16:17:18:20) sts.

Next row (RS) K to end.

Next row (WS) Cast off 7(8:8:9:10) sts, p to end. 7(8:9:9:10) sts.

Next row (RS) K to end.

Cast off rem sts.

Sleeves (both alike)

Using 9mm needles, cast on 25(27:29:31:35) sts.

Work in 1x1 rib until Sleeve measures 5cm from cast on edge, ending after a RS row.

Inc row (WS) P1(1:0:0:1), *pfb; rep from * to last 1(0:0:0:1) sts, p1(0:0:0:1). 48(53:58:62:68) sts.

Work in stocking stitch (throughout) beginning with a knit row, until sleeve measures 45cm from cast on edge, ending with a WS row.

Cast off.

Neckband

Join left shoulder seam.

Using 9mm needle and RS facing, pick up and knit 12 sts evenly down right front, knit across 12(14:16:18:20) sts left on holder for centre front neck, pick up and knit 11 sts evenly up left front, knit across 22(24:26:28:30) sts left on holder for back neck. 57(61:65:69:73) sts.

Work in 1x1 rib, beginning with Row 2, until border measures 6cm from pick up edge.

Cast off in rib.

To make up

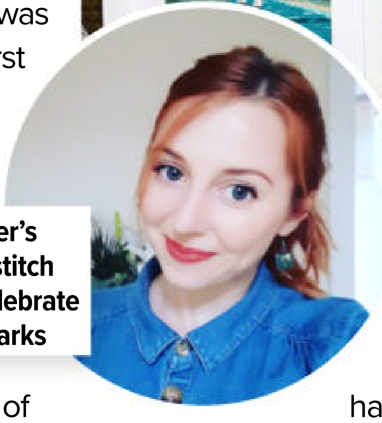
Fold neckband to WS and loosely whip stitch cast off edge to pick up edge. Join right shoulder seam. Insert sleeves in position by folding sleeves in half and placing the fold to the shoulder seam, sew in position. Join side and sleeve seams. Weave in ends. Pin your garment out to the size stated in the pattern, cover with a damp cloth and leave to dry.

Knits Chloé Elizabeth Birch **Photography** Claire Pepper **Styling** Helen Johnson **Hair & makeup** Carl Stanley **Model wears** (First pattern) Top, Oasis. Jeans, Marks & Spencer. (Second pattern) Trousers, Baukjen. Bracelet, Next

Meet the maker

Jennifer Sewell was working as a physiotherapist when she founded Trouvaille Stitch Kits in 2019 after falling back in love with cross stitch. She now runs it full time.

ROKER PIER
NORTHERN SPIRE
PENSHAW MONUMENT



Jennifer's cross stitch kits celebrate landmarks

How did you first get into craft? My gran, nana and great-grandma all taught me at a young age. I was four when my great-grandma first started teaching me to knit clothes for dolls.

What led you to founding Trouvaille Stitch Kits? After picking up cross stitch again, I could find big landmarks and cities, but none of them represented me and my idea of home. So, I designed my first pattern, Sunny St Mary's. I released this one in March 2020 and the idea very quickly took off, with many requests for other locations!

Why did you focus on landmarks and architecture? I wanted to help people create their own piece of local art. Also, we have such stunning places around the UK that many people aren't even aware of, so I'm really enjoying introducing them to others.

• *Find Jennifer's designs at trouvaillestitchkits.co.uk*

SPOTLIGHT ON

Dunelm has been a long-time favourite for affordable homewares, but don't overlook its craft offering. Find all the crafting essentials as well as punch needle kits and pretty project bags.

Elements Lena Cotton **Knitting Bag**, £20; Punch Needle **Cushion Kit**, £25; Chunky **Wool Yarn**, £4, all Dunelm

WHAT'S NEW IN THE CRAFT WORLD

Sew it, make it, LOVE IT!

Get inspired with smart ideas from *Prima*'s crafter, Daisy Bendall

UNDER £10 HEARTS & CRAFTS

Give a loved one something special.

Heart Seal Wax Stamp, £5, Hobbycraft

Felt Bundles

Valentine **Felt Bundle,** £9.99, Wool Couture Company

Set of 3 **Felt Heart Decorations**, £8.99, Lights4fun

Loved **Embroidery Board Kit,** £6.95, Cotton Clara

of all the galaxies in all the universes

Random **Notes Of Love**, £7.95, Bread & Jam

Multicolour Heart Rainbow **Paper Tapes**, £8, Paperchase

Budding potters on your hands? Encourage them with a Sculpd kit

Crafty kids

Sculpd has created a new range of craft kits especially for children. Initially launching pottery and painting kits, these will include how to make fun coasters, treasure pots, curvy coil pots and wall hangings. Keep an eye out for more to come! £39; sculpdkids.co.uk

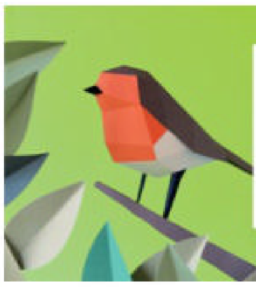
3 of the BEST

PAPERCRAFT KITS

Try your hand at nature-inspired papercraft.

Giant Mint Forest Butterfly 3D Model Kit, £16.95, Quince & Cook

Bugs In A Box, £24.99, Makebox & Co



European Robin 3D Paper Kit, £20, La Peninsula

SHOP SMALL. MAKE A BIG DIFFERENCE

OUR NEW ONLINE MARKETPLACE BRINGS TOGETHER THE BEST OF BRITISH ARTISANS AND MAKERS

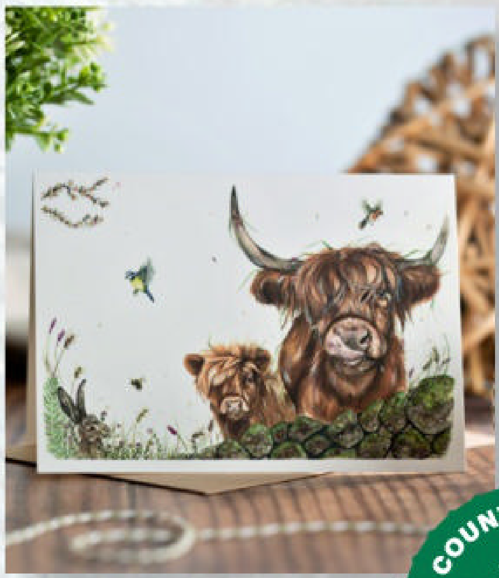
Shop NOW!
COUNTRYLIVING SHOP.CO.UK/ PRI-FEB

COUNTRY LIVING MARKETPLACE

The new *Country Living* Marketplace is open for business, selling a wide range of stylish, hand-crafted products from the best of British artisans. Every single item featured on the site has been specially picked by the *Country Living* team, so whatever takes your fancy – from eye-catching artworks to the perfect present for the pet in your life – you can browse and shop at your leisure, confident that you're making a big difference to small businesses.

HOLLIE CHILDE ART

Inspired by her upbringing in Shropshire, watercolour artist Hollie creates paintings that celebrate the whimsical side of British wildlife. Her collection includes limited-edition prints and greetings cards.



TURNER & BELL

Drawing on an equestrian heritage and using only the finest leathers and fittings, Turner & Bell design and make luxury dog collars and leads in their Leicestershire studio, along with a range of leather moccasins and handbags.

COUNTRY LIVING LOVES ARTISANS

CLAIRE VAUGHAN DESIGNS

Crafted in her Herefordshire studio, Claire's award-winning range of ceramics, stationery, homeware and kitchen linens, all decorated with flora and fauna, is perfect for anyone who loves nature.

JO BUTCHER

Based in Somerset, embroidery artist Jo creates unique and intricate hand-stitched artworks inspired by her love of flowers. Her collection also includes greetings cards and fabulous embroidery kits for those who want to recreate her style themselves.

COUNTRYLIVINGSHOP.CO.UK/PRI-FEB

> **“Our new Marketplace brings talented artisans together in one beautiful online store, so you can shop from them all year round from the comfort of your home”** *Louise Pearce, Country Living editor-in-chief*

Fresh START

Turn over a new leaf in the kitchen with these fresh and vibrant dishes that are lower in calories but packed full of flavour and goodness (yes, that includes pudding!)

Virtue bowl

Move over Buddha bowl, that's so last year! Although you can feel virtuous while eating this, as it's packed with delicious and nutritious ingredients.

SERVES 4 PREP *25min*
COOK *about 25min*

- **½ large butternut squash (about 500g), peeled, deseeded and cut into 2cm chunks**
- **250g asparagus, trimmed and cut into short lengths**
- **3tsp sesame oil**
- **4 medium eggs, at room temperature**
- **1tbsp black sesame seeds**
- **Juice 2 lemons**
- **2tbsp soy sauce**
- **2 garlic cloves, crushed**
- **½tsp dried chilli flakes**
- **2 x 250g pouches cooked mixed grains or freekeh, we used Merchant Gourmet Glorious Grains**
- **150g baby spinach**
- **3tbsp tahini**

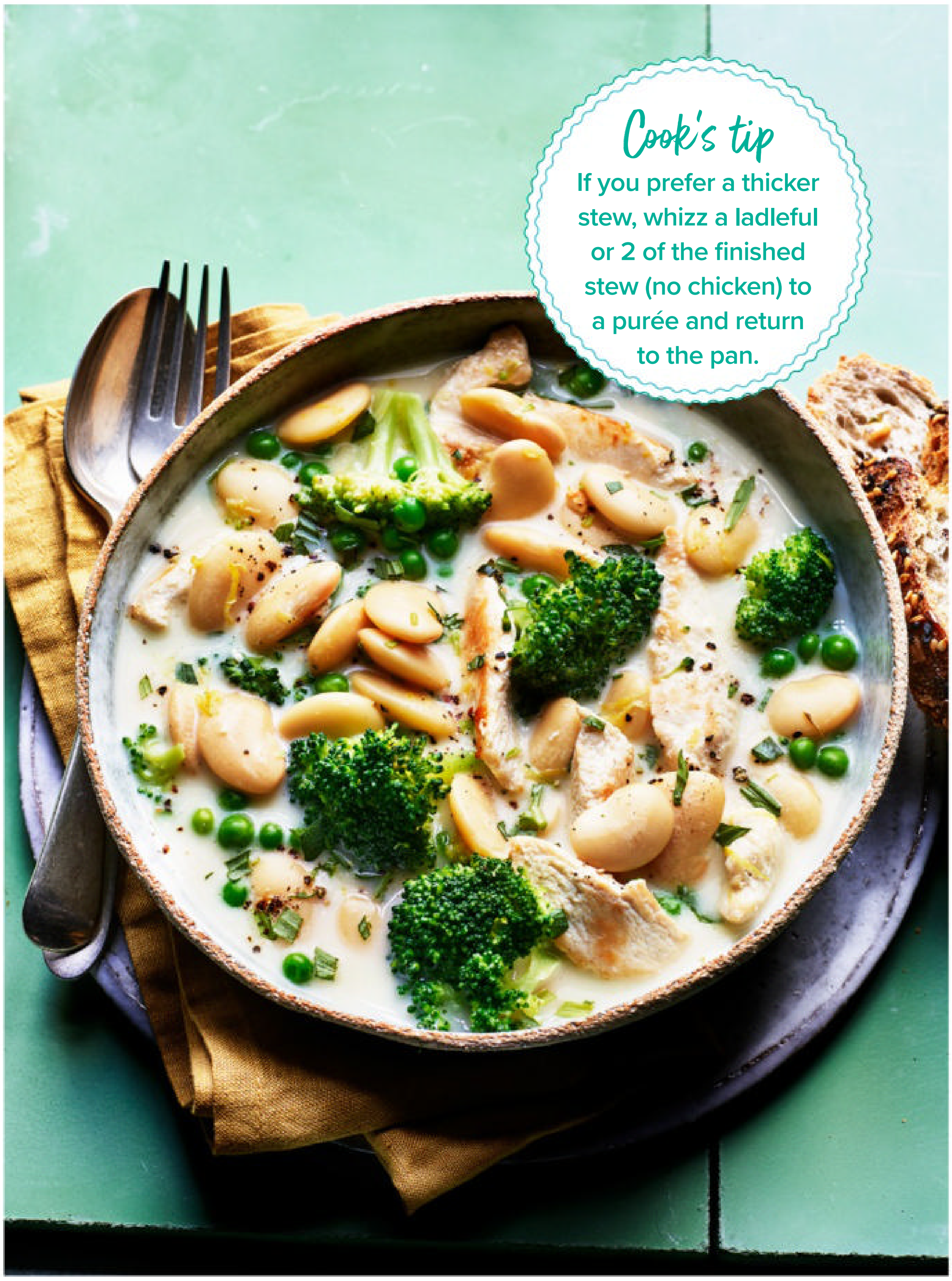
1 Preheat oven to 220°C (200°C fan) mark 7 and line a large baking tray with baking parchment. In a large bowl, toss the butternut squash and asparagus with 1tsp sesame oil and some seasoning. Arrange the squash only on the lined tray and cook in the oven for 15min, until starting to soften. Add the asparagus to the tray (reserve bowl) and cook for a further 5-10min, until cooked through. Set aside to cool slightly.

2 Meanwhile, in a medium pan of boiling water, cook the eggs for 7min. Drain and run under cold water to cool. Roughly crush the sesame seeds using a pestle and mortar, tip into a shallow bowl and mix in a pinch of salt. Peel the eggs, roll them gently in the sesame seeds to coat, and set aside.

3 In a small bowl, whisk the lemon juice, soy sauce, garlic and chilli flakes. Pour ½ the dressing into the large reserved bowl with the remaining 2tsp sesame oil. Heat the mixed grains/freekeh according to pack instructions, then tip into the large bowl and toss to coat in the dressing. Add the spinach and gently toss again. Whisk the tahini into the remaining dressing with 1tbsp water.

4 Divide the mixed grain/freekeh mixture between 4 bowls and top with the squash and asparagus. Drizzle over the tahini dressing and finish each bowl with a halved egg on top. Serve.

PER SERVING: CALS 497; FAT 22G; SAT FAT 4G; CARBS 49G ➜



Cook's tip

If you prefer a thicker stew, whizz a ladleful or 2 of the finished stew (no chicken) to a purée and return to the pan.

Zesty green chicken stew

If you can't find fresh tarragon, use 1tsp dried instead.

SERVES 4 PREP *15min*
COOK *about 15min*

- **1tbsp olive oil**
- **3 medium skinless chicken breasts, cut into finger-sized strips**
- **750ml chicken stock**
- **200g small broccoli florets**
- **2 x 400g tins butter beans, drained and rinsed**
- **200g frozen peas**
- **Finely grated zest 1 lemon**
- **100g ½-fat crème fraîche**
- **Small handful tarragon, finely chopped**

1 Heat the oil in a large deep frying pan over medium heat and fry chicken for 3min (it doesn't need to be cooked through yet). Add stock and bring to the boil. Add broccoli and simmer for 5min, until chicken is cooked through and broccoli is tender.

2 Stir through butter beans and peas and bring back to the boil. Add lemon zest and mix through the crème fraîche and tarragon. Check seasoning. Ladle into 4 bowls and serve with crusty bread, if you like.

PER SERVING: CALS 363; FAT 10G; SAT FAT 4G; CARBS 24G

Sweet chilli salmon & freekeh

Freekeh is wheat that has been harvested while still green, then roasted to create a distinct smokey flavour.

SERVES 4 PREP *20min*
COOK *about 40min*

- **200g freekeh**
- **300g tenderstem broccoli, cut into 2.5cm pieces**
- **150g frozen broad beans**
- **5tbsp sweet chilli sauce**
- **Juice 2 limes**
- **4 salmon fillets, about 500g**
- **2 ripe avocados, destoned and roughly chopped**
- **2 spring onions, thinly sliced**

1 Put the freekeh into a large pan of salted water over medium-high heat. Bring to the boil, reduce heat and simmer for 35min until tender (freekeh retains a chew), adding the broccoli for the final 5min of cooking and the broad beans for the final 1min. Drain. Skin the broad beans, if you like (see Cook's tip).

2 Meanwhile, preheat oven to 200°C (180°C fan) mark 6 and line a baking tray with foil. Mix 3tbsp sweet chilli sauce and the juice of 1 lime in a large bowl with plenty of seasoning. Add salmon and turn to coat. Arrange fillets on the prepared tray, skin-side down (if present), and brush over any sauce left in the bowl. Cook for 15min, until the fish flakes when it's lightly pressed.

3 Empty drained freekeh on to a large serving plate. Flake over the cooked salmon (discard skin, if needed) and gently toss through the avocado, spring onion, remaining sweet chilli sauce and lime juice, plus lots of seasoning. Serve.

PER SERVING: CALS 672; FAT 30G; SAT FAT 6G; CARBS 49G →

Cook's tip

Skinning the broad beans reveals them in all their bright-green beauty, but you can leave the skins on if you prefer.

Pork & mushroom yaki udon

This tasty stir-fry is filled with vegetables and just enough meat to satisfy. Swap the shiitake for thinly sliced button or chestnut mushrooms, if you like.

SERVES 4 PREP *20min*
COOK *about 15min*

- 250g Tenderstem broccoli
- 450g fresh/ready-to-wok udon noodles
- 2tsp vegetable oil
- 250g pork loin fillet, cut into wafer-thin slices
- 250g shiitake mushrooms, thickly sliced
- 1 small red onion, thinly sliced
- 6cm piece fresh root ginger, peeled and finely chopped
- 8 spring onions, cut into 2cm pieces
- 4 tatsoi, bok choi or pak choi, roughly chopped
- 4tbsp oyster sauce
- 2tbsp soy sauce
- Pickled ginger, to serve

1 Roughly chop the broccoli stalks, leaving the florets whole. Cook both in a large pan of lightly salted boiling water for 3min, until just tender, adding the noodles for the final 1min. Drain and plunge into a bowl of ice-cold water to stop the cooking. Drain well again and set aside.

2 Heat the oil in a large wok or frying pan over high heat. Add pork and cook for 2-3min, stirring, until opaque. Add the mushrooms and red onion and stir-fry for a further 3-4min, until the mushrooms are softening and the onion is starting to caramelise.

3 Add the fresh ginger, spring onions and tatsoi/bok choi/pak choi and stir-fry for 2min.

4 Add drained noodles, broccoli, oyster and soy sauces and some ground black pepper and cook, stirring gently for 2min, until heated through. Serve in bowls with pickled ginger.

PER SERVING: CALS 366; FAT 7G; SAT FAT 2G; CARBS 44G

Prawn & pineapple Thai curry

This light, hot and sour curry is super easy to make. If serving with wild rice, remember it takes a lot longer to cook than white, so get it started early. You can use frozen or chilled prawns in this; if using frozen, cook straight from the freezer – they may need 1-2min longer to cook.

SERVES 4 PREP *15min*
COOK *about 10min*

- 3tbsp red Thai curry paste, we used Thai Taste
- 400ml chicken or vegetable stock
- ½ small pineapple, peeled and cut into slim wedges
- 175g baby corn, halved lengthways
- 200g fine green beans, trimmed and cut into shorter lengths
- 1 red pepper, deseeded and cut into large chunks
- 2tsp palm or demerara sugar
- 400g peeled raw jumbo prawns
- 1tbsp fish sauce
- Handful Thai basil, roughly torn
- Wild or jasmine rice, to serve

1 Put curry paste into a large wok or frying pan. Gradually whisk in the stock and bring to the boil over medium heat. Stir in pineapple, corn, beans, pepper and palm/demerara sugar and simmer for 5-6min, until vegetables are just tender.

2 Add prawns and cook for 1-3min, until piping hot and the prawns are opaque and cooked through. Stir in fish sauce, scatter over basil and serve in bowls with rice on the side.

PER SERVING: CALS 177; FAT 3G; SAT FAT 0G; CARBS 14G →

Cook's tip
If you want to turn out the puddings to serve, oil the moulds with a little vegetable oil before filling.

Tropical 'mousse' pots

This is an added-fruit version of a low-calorie dessert known as 'fluff', popularised by WW WeightWatchers back in the 1960s. If buying a whole mango, make sure it's ripe or use ready-prepared mango to make this pudding even easier.

SERVES 6 PREP *20min, plus cooling and chilling* COOK *about 5min*

- **250g ripe mango (prepared weight), about 1 large mango**
- **135g pack pineapple jelly, separated into cubes**
- **Finely grated zest and juice 1 lime, plus extra zest, optional, to decorate**
- **350g 0% fat Greek yogurt, we used Fage Total**
- **3 ripe passion fruits**

1 Whizz the mango in a bowl using a stick blender (or in a mini food processor) until smooth. Heat mango purée and jelly cubes in a small pan over low heat, stirring constantly, until melted and combined. Pour into a large bowl, stir in the lime zest and juice and set aside to cool for 30min-1hr.

2 Add the yogurt to the cooled mango-jelly mixture and whisk with a handheld electric whisk for 5-10min, until frothy and slightly increased in volume. Alternatively, do this in a stand mixer.

3 Divide mixture between 6 small glasses or 150ml jelly/pudding moulds (see Cook's tip). Chill for 2hr, until set. If made in moulds, turn out. Top each pudding with the pulp and seeds of ½ a passion fruit and some pared lime zest, if using. Serve.

PER SERVING: CALS 129; FAT <1G; SAT FAT 0G; CARBS 24G

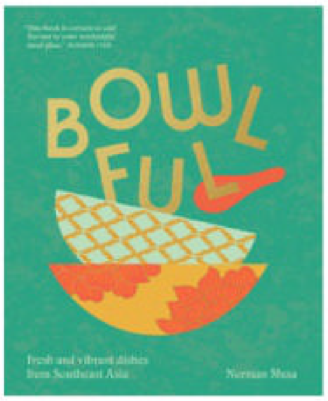
Recipes Hearst Food Network **Photography** Kris Kirkham, Alex Luck

THE LATEST FOODIE DELIGHTS THIS MONTH

Cook it, eat it, LOVE IT!

Good-for-you ideas from the kitchen of cookery editor Emma Franklin

Cookbook of the month



If you're looking for flavour, freshness and excitement, then Southeast Asian cuisine could be just the ticket. Malaysian chef Norman Musa's tempting array of salads, curries and stir-fries pack a punch, and includes recipes such as Ceviche-style Plaice Salad Bowl; Wok-fried Sweet Potato & Beans In Satay Sauce and Honey & Chilli Grilled Chicken With Cucumber & Mango Ribbons (above right).

- *Bowlful: Fresh And Vibrant Dishes From Southeast Asia (Pavilion Books) by Norman Musa is out now*

Honey and chilli grilled chicken – delicious!

SUPERMARKET DASH

For an Indian feast that's easy on your waistline, try Slimming World's new Free Food curry range of tasty mains and sides.

Slimming World
Free Food
king prawn
bhuna
Slimming World
Free Food
aloo gobi
Slimming World
Free Food
pilau rice

Slimming World Free Food King Prawn Bhuna, £4.75 for 500g; **Aloo Gobi**, £2.75 for 430g; **Pilau Rice**, £2.50 for 450g, all available exclusively at Iceland

DELIVERED TO YOU

Vegan, vegetarian, keto, lower-carb, pescetarian and flexitarian, this recipe meal kit service has it all. Just input your dietary preference, pick your nutritionist-approved recipes and all the ingredients are delivered fresh to your door, ready to cook.

Recipe box subscription, from £37.50 a week (3 meals for 2 people), greenchef.co.uk

BETTER FOR YOU

This high-fibre, low-carb wholemeal malty seeded loaf is perfect for sandwiches or toast. **LivLife Super Seeded Bread**, £2 for 500g, Waitrose & Partners

3 of the BEST

NO-ALCOHOL WINES

To see you through Dry January

Hardys Zero Chardonnay, £5 for 75cl, Morrisons

For refreshing drinking

For fizz time

Zerozecco Sparkling White, £2.79 for 75cl, Aldi

For connoisseurs

Wednesday's Domaine Sanguine, £12.49 for 75cl, wednesdaysdomaine.com

SNACK ATTACK

These airy, crunchy puffs are properly additive. Think wafer-thin rice cakes but with way more flavour. An on-the-go handbag essential.

Kallo Caramelised Onion Chutney Mini Veggie Cakes, 99p for 22g, Tesco Express, Morrisons

Bowlful photography Luke J Albert

VEGAN

on a budget

Going meat- and dairy-free needn't break the bank or be overly complicated – and we have the plant-powered recipes to prove it

Courgette & artichoke arroz

Imagine cooking this over an open fire by the sea in Spain, as this is a take on a paella, using turmeric to echo the original's characteristic saffron yellow colour at a fraction of the cost. Make sure you don't stir the rice during cooking, as you want a crispy bottom.

SERVES 4-6

- **2tbsp olive oil**
- **1 onion, finely sliced**
- **1 red pepper, finely sliced**
- **2 garlic cloves, finely sliced**
- **2 large courgettes, halved lengthways and cut into 1cm-thick half-moons**
- **2tbsp tomato purée**
- **½tsp ground turmeric**
- **250g paella rice (I use bomba)**
- **750ml hot vegan stock**
- **200g shop-bought chargrilled artichokes**

TO SERVE

- **Handful flat-leaf parsley leaves, roughly chopped**
- **1 lemon, cut into wedges**

1 Preheat oven to 200°C (180°C fan) mark 6. Heat the oil in a large, shallow ovenproof casserole dish, add the onion, red pepper and garlic and cook over medium heat for about 8min until soft and beginning to caramelise.

2 Stir in the courgettes and cook for another 5min. Add the tomato purée, turmeric and rice, then pour over the hot stock and stir until well combined. Season with salt and pepper to taste. Arrange the artichokes on top, then cook, uncovered, in the oven for about 35min until the rice is fluffy and crisp on top and most of the liquid has been absorbed.

3 Scatter over the parsley and serve with the lemon wedges.

FOR SUN-DRIED TOMATO & PEA ARROZ

Cook as above but add 1 yellow pepper, finely sliced, along with the red pepper. Swap the courgettes and artichokes for 200g sun-dried tomatoes and 300g frozen peas, adding them with the rice before pouring over the stock.

Squash, sage & sweet onion panade

This comforting baked dish is a great way to use up stale bread. The key is cooking down the onions until they are sweet and soft. Try swapping the squash for mushrooms and chard for another winning combination.

SERVES 4-6

- **8tbsp olive oil**
- **8 slices stale sourdough bread**
- **14 sage leaves**
- **4 onions, finely sliced**
- **4 garlic cloves, crushed**
- **200ml vegan dry white wine**
- **1 litre vegan stock**
- **500g butternut squash, peeled, deseeded and cut into 5cm-thick slices**

1 Heat 3tbsp oil in a wide, shallow ovenproof casserole dish (that has a lid), add the bread in batches and lightly fry over medium heat for 1-2min until golden on both sides. Remove with a slotted spoon and drain on a plate lined with kitchen paper.

2 Add the sage leaves to the oil left in the pan, adding more oil if necessary, and fry over medium-high heat for about 15-30sec on each side until crisp. Remove from the pan and leave to drain alongside the fried bread.

3 Pour 5tbsp oil into the pan, add the onions with a pinch of salt and pepper and cook slowly over low-medium heat for 15-20min until they are soft.

4 Meanwhile, preheat oven to 200°C (180°C fan) mark 6. Stir the garlic into the onions and cook for another 5min. Add the wine, increase temperature to medium and cook until reduced by ½, then stir in the stock. Ladle the stock and onions into a large jug.

5 Arrange a single layer of the fried bread over the base of the casserole dish, then ladle over some of the stock and onions. Add a few of the crisp sage leaves, breaking them up gently with your hands, and top with some of the squash slices and more stock and onions. Repeat until the layers are submerged in the stock.

6 Cover the pan with the lid and cook in oven for 40min, then remove the lid and cook, uncovered, for another 20min until golden. Serve with any leftover crispy sage leaves. →

Peanut butter & banana peel curry

Banana peels are delicious when they're soaked and cooked – a great way to use up something that's normally thrown away.

SERVES 4

- **4 banana skins**
- **2tbsp vegetable oil**
- **12 curry leaves**
- **1tsp cumin seeds**
- **2 onions, finely sliced**
- **3 garlic cloves, finely sliced**
- **2cm piece fresh root ginger, peeled and grated**
- **Handful coriander, stalks finely chopped, leaves reserved to serve**
- **1tsp ground turmeric**
- **½tsp chilli powder**
- **3 heaped tbsp smooth or crunchy peanut butter**
- **400ml can coconut milk**
- **Juice 1 lime**
- **1tbsp light brown soft sugar**

1 Fill a bowl with warm water, add a pinch of salt and stir to dissolve. Add the banana skins and leave to soak for a minimum of 30min and up to 6hr. Drain the banana skins and cut into thin strips.

2 Heat the oil in a large saucepan or deep frying pan, add the curry leaves and cumin seeds and fry over medium heat for about 20sec. Add the onions, garlic, ginger and coriander stalks and cook for about 5-8min until softened.

3 Add the banana skin slices and cook for another 8min. Stir in the spices and cook for 1min, then add the peanut butter, breaking up any clumps with the back of the spoon. Pour in the coconut milk, 250ml water and lime juice, add the sugar and stir to combine. Bring to a simmer, then reduce the heat and cook gently for about 30min until the sauce has thickened. Thin with extra water if necessary. Season to taste. Serve scattered with the coriander leaves.

FOR PEANUT BUTTER & AUBERGINE CURRY

Swap the banana peels for 4 aubergines, cut into 4cm chunks. Sprinkle with a little salt and leave for a couple of min, then pat dry with kitchen paper. Heat 4tbsp vegetable oil in the pan, add the aubergine in batches and fry for 6-8min until browned. Drain on a plate lined with kitchen paper and set aside while you cook the sauce base in the pan as above. Add the fried aubergines after the sugar, and continue as above.

Bakewell pudding

A recipe that pays homage to the classic British Bakewell tart, with a layer of zesty cherries and a soft, sweet and almondy topping. If you prefer something a little tarter, try using apricots, which work so well with the frangipane.

SERVES 6

- **Vegetable oil or vegan butter alternative, for greasing**
- **500g frozen cherries**
- **50g caster sugar**
- **Finely grated zest 1 orange, plus 1tbsp juice**
- **1tbsp vanilla extract**

FOR THE FRANGIPANE

- **150g vegan butter alternative, softened**
- **175g caster sugar**
- **200g ground almonds**
- **50g plain flour**
- **½tsp baking powder**
- **125ml almond milk**
- **1tsp almond extract**
- **1tbsp kirsch, optional**
- **50g flaked almonds**

1 Preheat oven to 180°C (160°C fan) mark 4. Grease a deep ovenproof dish about 16 x 23cm with vegetable oil or vegan butter alternative.

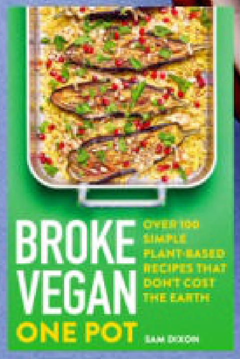
2 Toss the cherries with the caster sugar, orange zest and juice and vanilla in the dish and bake for 15min. Meanwhile, put the vegan butter alternative and sugar for the frangipane in a bowl and beat with an electric hand whisk until pale and fluffy.

3 Mix in the ground almonds, flour and baking powder, then slowly add the almond milk and extract, and kirsch, if using, until you have a smooth batter.

4 Take the dish out of the oven and dollop the frangipane batter evenly over the cherries. Scatter over the flaked almonds and bake for about 45min until the frangipane is fairly firm and golden.

FOR APRICOT FRANGIPANE PUDDING

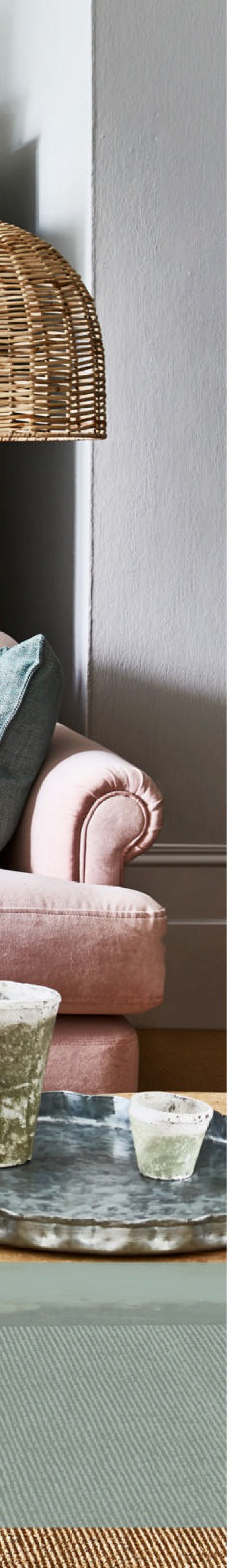
Swap the cherries for 500g apricots, pitted and quartered, and toss with 100g caster sugar and only 1tsp vanilla extract, omitting the orange zest and juice. Omit the kirsch from the frangipane batter. Bake as above.


BROKE VEGAN
ONE POT
OVER 100 SIMPLE PLANT-BASED RECIPES THAT DON'T COST THE EARTH
SAM DIXON

• Recipes taken from Broke Vegan: One Pot (Aster, octopusbooks.co.uk) by Sam Dixon. Photography by Charlotte Nott-Macaire

RUSTIC STYLE REIMAGINED

COUNTRY LIVING AT DFS



QUALITY & HERITAGE

Each *Country Living* piece is handmade to order in UK factories by skilled craftsmen, using quality fabrics crafted in Lancashire mills.

The exclusive *Country Living* Collection at DFS, designed to bring rustic charm to every home, just got even better with two new additions to the range.

The *Country Living* Kirkton (left) is a compact take on the classic Chesterfield sofa with rolled arms, button back, deeply padded single seat cushion and elegantly turned wooden feet. As well as looking good, Kirkton is good for the environment, as its beautiful velvet-finish upholstery is crafted from 100% recycled polyester, making it both sumptuous and sustainable.

The *Country Living* Tarland (above), with its subtle seam detailing, padded arms and wide, comfy seat, is upholstered in hardwearing viscose-linen fabric and comes in a choice of four floral-printed colours. Like every piece in the *Country Living* Collection, Tarland offers a free 15-year frame and frame springs guarantee, so you know your investment will look and feel wonderful for years to come.

See the full Country Living Collection at dfs.co.uk/country-living

COUNTRY LIVING | dfs

...AND *relax!*

Give your home a detox and transform it into a wellbeing haven

Refresh paint

The new year is a fabulous opportunity to revive your home with colour. Giving your walls a new lick of paint does wonders and can make a room feel brand new. Whether you want to be bold and change your colour scheme completely or simply want to touch up any wear and tear, a fresh-feeling space will instantly relax you and make you fall in love with your home again.

Walls in Powdered Clay **walls and ceilings emulsion**, from £18 for 2.5L; Poetry and Yarn **Crafted flat matt emulsion**, from £32 for 2.5L, all Crown Paints

Declutter your space

The first step to making your home feel like a haven is making it clutter free. An organised space can directly impact how you feel when you come home after a long day. Start with smart storage solutions. Baskets are brilliant for storing bits and bobs and hidden storage pouffes are great for hiding extra throws and cushions.

Skye slub faux linen snuggle **chair**, £699; chunky jute woven **rug**, £35 - £319; Churchgate ash wood **stool**, £99; Churchgate sky framed **print**, £35; Churchgate bouclé made to measure **Roman blinds**, from £90; Churchgate Harby 1 light **pendant**, £65; Churchgate Drayton stripe **cushion**, £16, all Dunelm

Mango wood **side table**, £150, Next

Velvet **storage pouffe**, £36, Matalan

Medium seagrass **basket**, £16.95, Rex London

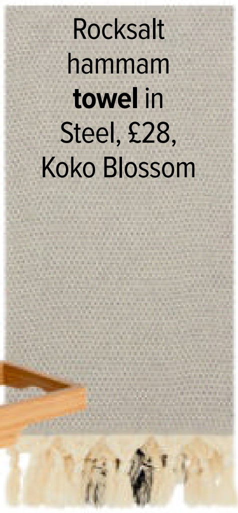
Calm your bathroom

The bathroom is often the one room in a house where you can lock the door and fully relax. Detox your space by minimising clutter and focusing on key elements that will help you unwind. Treat yourself to little luxuries such as beautifully scented hand soaps and soft hammam towels. If you have a bath, a bath tray is the perfect accessory if you want to relax with a book and your favourite tipple.

Bone China Blue; Lamp Black **Intelligent matt emulsion**, both £59.50 for 2.5L; Shirting **Intelligent satinwood**, £83.50 for 2.5L, all Little Greene →

Bamboo bathroom **mirror**, £9, George Home

Resurrection Aromatique **hand wash**, from £31, Aēsop



Rocksalt hammam **towel** in Steel, £28, Koko Blossom

Havern **bath rack**, £10, Ikea

Let in natural light

A simple but effective tip is to flood your home with as much natural light as possible. Open your blinds or curtains and allow it to come in from every angle, you can even place a mirror in each room to help bounce the light around a space. Getting your daily dose of Vitamin D is a must for making you feel your best, so make sure to let the light in this season.

Lagoon 3-seater **sofa**, £2,250, Broste Copenhagen at Beaumonde

Use natural materials for the bedroom

Choosing natural fibres for your bedroom is one of our top tips for creating your own sanctuary. Silk, wool, cotton and linen can be gentler on the skin as well as feeling more luxurious than man-made fibres. Treat yourself to a good-quality linen bed set and soft cotton furnishings. Accessorise with a rattan lampshade and wool rug.

Bronx upholstered **bed**, £699-£799; Conway bedside **table**, £225; Erika **ottoman**, £299; Bali easy fit **light shade**, £175; Jacquard Wave **cushion**, £14; Circumflex Abstract **rug**, from £90; Jacquard **bedding**, from £55, all Next

Linen **cushion**, £16.99, Homesense

Hao rattan **lampshade**, £49, Lights&lamps

Freja striped **throw**, £49.50, Oliver Bonas

Create a quiet corner

We believe that everything in your home should make you smile, and creating a dedicated cosy corner where you can go and relax is a great use of space. It doesn't have to be in a particular area of your home, it can be your living room, dining area or even your bedroom. A comfortable chair is essential, and make sure to accessorise with a warm throw and a side table on which to place your favourite book and mug. You can even drape fairy lights or display lanterns for an ultra-cosy feel.

Gondola Club dark leg **chair**, £549; Philippe Starck for Kartell Prince Aha **side table/stool** in Green, £79; Hew **cushion** in Tiger's Eye, £40; Bronte by Moon Herringbone **throw** in Beige, £95; Design Project by John Lewis No.150 Smoke Glass **lantern** small, £12; Design Project by John Lewis No.150 Smoke Glass **lantern** medium, £40; Wiggle wooden **floor lamp**, £250; Primitive Dipped **mug**, £10; Edge **rug** in Terracotta, from £80, all John Lewis & Partners

Scent your home

A key element of a calm home is how you choose to scent it. Be aware of how different smells make you feel. Do you want to feel relaxed or energised and uplifted? The ambience you want to create will dictate your scent. Lavender is perfect for a sense of calm, while citrussy scents will invigorate a space. Put a diffuser in your hallway to greet you as a pleasant welcome home.

Real **pampas in vase**, £20; Interlinked **candle**, £3; ribbed **diffuser**, £4; dinner **candle holders**, £6 each; all B&M

Mercury electric **diffuser**, £50, Marks & Spencer

Cotton & Hydrangea reed **diffuser**, £22, National Trust Shop

Neroli Lakes **candle**, £20, Sophie Allport

Consider your furniture arrangement

Adopting feng shui ideas can help you feel better about a space. Rearranging the furniture can improve your connection to your home as well as helping it feel new and refreshed. In the dining area, consider swapping formal chairs for a bench to make dining feel more social.

Pampas grass, £5 a stem; wood **tray**, £12.50; amber ribbed **tumblers**, £3.50; wire **fruit basket**, £7.50; dinner **candles**, £2 for a set of 2; salt and pepper **shakers**, £5; woven **placemats**, £5; footed **tray**, £8.50; diamond **cushion**, £14, all Matalan

Kendall **bench seat**, £239, Dunelm

Otis **accent chair**, £425, Next

Black French cane **side table**, £25, George Home

Zone off work

With a lot of us now working remotely, a dedicated work space has had to be incorporated into our homes. It's all too easy to be enticed into working from the sofa or dining table but it's beneficial to your productivity to zone your work space if you can. An effective way of doing this without needing an extra room is with your choice of wall coverings. Wallpaper an alcove or paint a large square around your desk to create a zoning illusion, or you could always use a portable changing screen for privacy.

Walls in Wild Wonder **walls and ceilings matt paint**, £21 for 2.5L, Dulux at Homebase

Soften your colour palette

Bright colours are naturally stimulating but can sometimes have a jarring effect. To manifest a relaxing home, it's often best to opt for a softer colour palette. This doesn't have to mean keeping to neutrals, but more muted tones such as sage green, dusky pink and terracotta are cosy options that work well. Swap your cushions, throws and accessories rather than repainting an entire wall or room.

Walls and ceiling in Ciao Bella 1187 and Cloud White 967 **Interior Matte emulsion**, both from £20 for 0.94L, Benjamin Moore

Cushion, £9, Primark

Bunny tails in **vase**, £5, B&M

Isla faux fur **rug**, £24.95, Kukoon Rugs

Bring the outside in

Naturally cleanse the air in your home by bringing the outdoors in. Introducing real plants into a space not only improves the overall feel but there's evidence that they can increase your mood and decrease air pollutants. Ferns and spider plants are great examples of houseplants that can boost oxygen levels. We recommend displaying them at different heights in baskets, on shelves and in legged planters for variety.

Above: French Connection Hoxton 3-seater **sofa**, £1,199, DFS

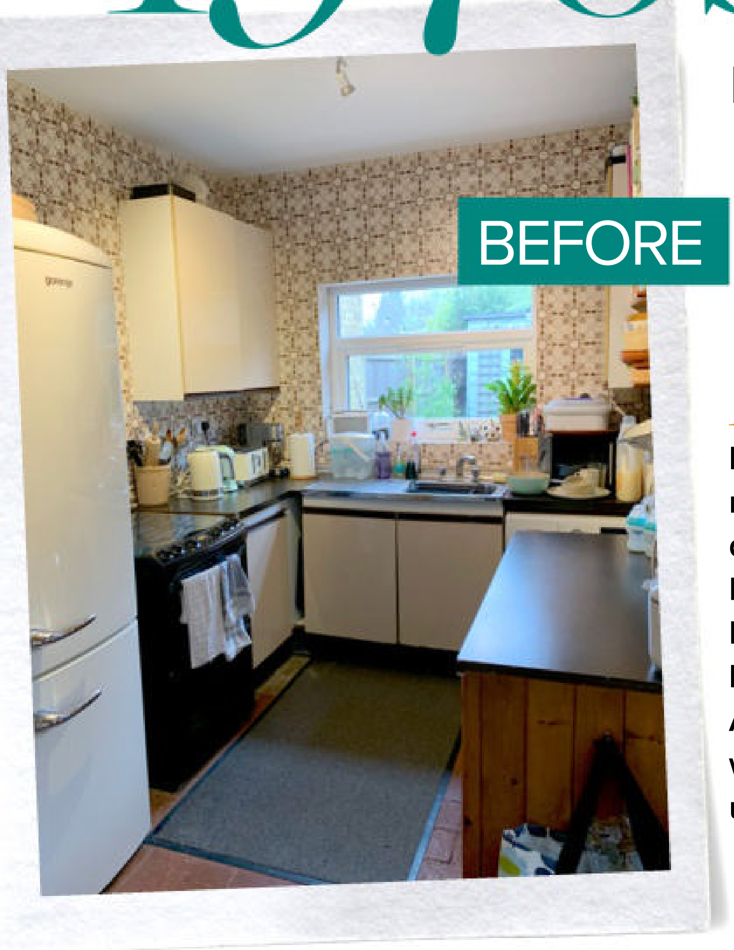
Compiled by Becca Cullum-Green

SOCIABLE SPACE
A wider doorway to the dining area gives more of an open feel

DISPLAY SHELVES
Plants and kitchen canisters act as decorative features

'WE WANTED TO UPDATE OUR 1970s kitchen'

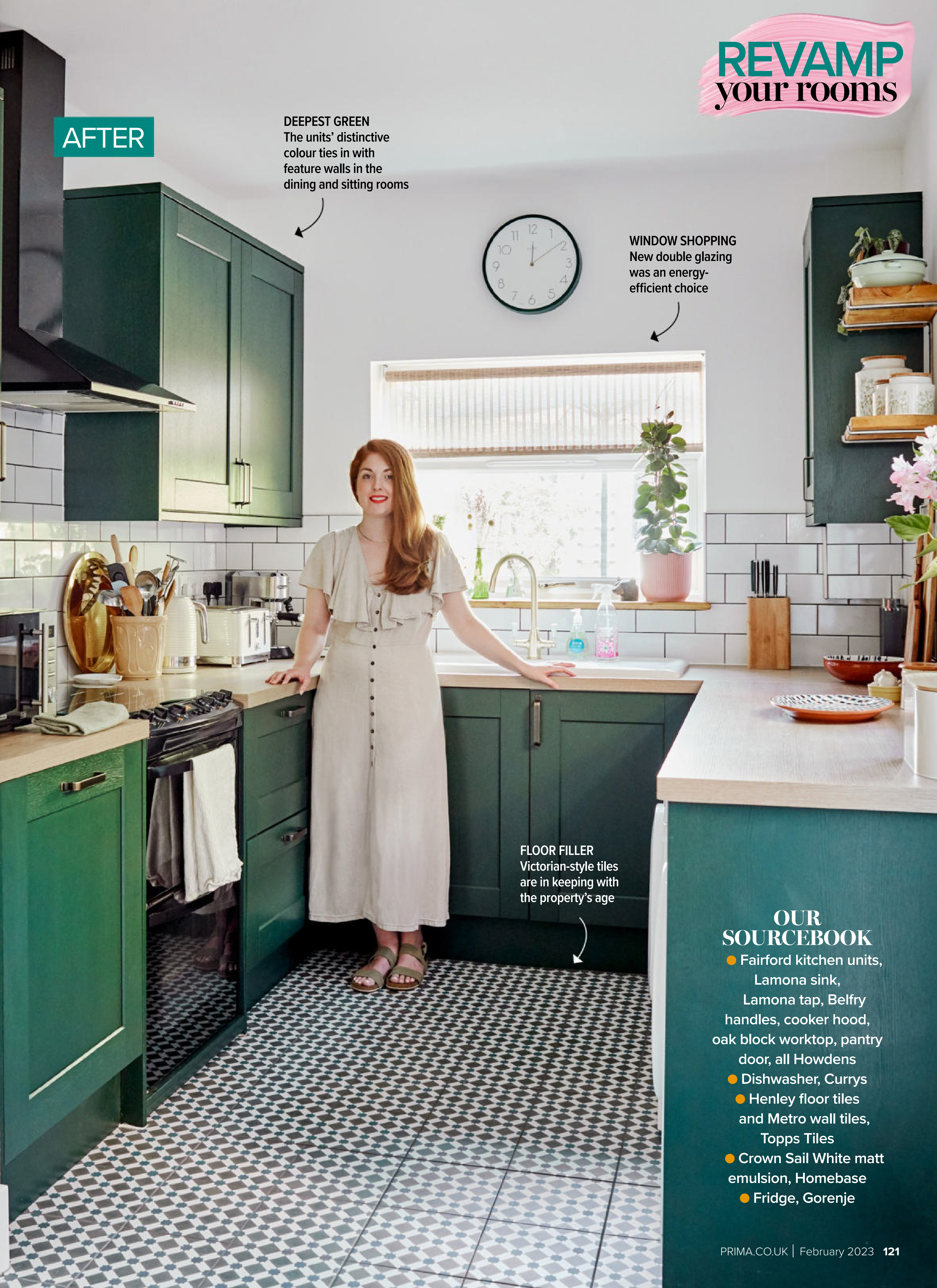
Renovating their kitchen two years after moving in was a welcome relief for Abby and Matt



BEFORE

Abby Laing, art editor and co-founder of personalised prints company @alittlebrushuk, lives with her husband, Matt, a project manager, and their two-year-old daughter, Luna, and six-month-old son, Ruben, in a Victorian semi in Ware, Hertfordshire. 'The kitchen hadn't been updated since the 1970s,' says Abby. 'It was cramped and dark, with wooden panelling and patterned tiles up to the ceiling. The dark brown worktops never felt clean and the cabinets were falling apart. We'd lived with the kitchen for more than two years and were desperate to update it.

What kind of look were you aiming for?
Our main priority was to open up the kitchen by knocking out the doorway between it and the dining room to make the space feel brighter. We wanted a kitchen that was modern but with a clear nod to the period of the property. We loved Shaker-style



DEEPEST GREEN
The units' distinctive colour ties in with feature walls in the dining and sitting rooms

WINDOW SHOPPING
New double glazing was an energy-efficient choice

FLOOR FILLER
Victorian-style tiles are in keeping with the property's age

OUR SOURCEBOOK

- Fairford kitchen units, Lamona sink, Lamona tap, Belfry handles, cooker hood, oak block worktop, pantry door, all Howdens
- Dishwasher, Currys
- Henley floor tiles and Metro wall tiles, Topps Tiles
- Crown Sail White matt emulsion, Homebase
- Fridge, Gorenje

STRIKING STORAGE Abby was keen to make a feature of the pantry cupboard

ON THE LEDGE The bespoke wooden sills were crafted by the builder

MENU
* VEG CURRY
* HALLOUMI BURGERS
* PRAWN LINGUINE
* LAMB KEBABS
* PIZZAS!

designs, and had seen a dark green Howdens one we thought would suit the house perfectly, as we have feature walls in the same colour in the living and dining rooms. Bringing in elements of gold warmed up the space.

How did you get started on the project?
We got quotes from a few builders, as we wanted someone to manage the entire job, from knocking through the doorway to fitting the kitchen, putting in new lighting and flooring and redoing our pantry cupboard. We looked on Pinterest, Instagram and in magazines for ideas of what flooring and worktops would suit the green cabinets. And before the work started, we had the windows replaced with double glazing.

Were there any particular challenges?
Our budget, plus the restrictions of building regulations, meant we weren't able to make the kitchen and dining room entirely open plan, so we settled for a double-width doorway opening. Another compromise we made was moving the fridge into the dining room because we wanted more cupboard space in the kitchen. We also had to have some new wiring and a new circuit board fitted, which hadn't been in our original plan.

What were some of your absolute must-haves?
We were determined to make room for a dishwasher. We also wanted to make more of a feature of our pantry cupboard, replacing the solid door with a half-glazed one and rebuilding the internal shelves. Open shelving was a must, too, to display some of our many cookbooks, plants and canisters.

> 'It feels so much bigger, brighter and cleaner than before'

What do you like most about the room?
It feels so much bigger, brighter and cleaner than before; it's now a room I want to spend time in – more of an entertaining space. I also love the wooden window ledges, made by our builder, and the Victorian-style floor tiles.

What we spent

Kitchen units	£2,500
Sink	£227.58
Tap	£140.96
Cooker hood	£77
Worktops	£495
Dishwasher	£209.99
Floor tiles	£174.72
Wall tiles	£80
Paint	£49
Total	£3,954.25

What have you learned?
Make sure you have a contingency in your budget for unexpected costs – a lot of updating is often necessary if you have a period property, for example. And don't be disheartened when things don't work out as you planned – you can always find a compromise that will work for you.

Words Carolyn Bailey **Photography** Brent Darby

WHAT'S HOT IN INTERIORS THIS MONTH

Style it, do it, LOVE IT!

Great buys from our homes expert Carolyn Bailey

BOLD HUES

Graham & Brown's colour of the year is Alizarin, a rich auburn red, while Florenzia – a vivid floral design – is its pattern of the year. The company has also launched its first bed linen range.

Florenzia Dusk **wallpaper**, £65 a roll; **mural**, £35 a sq m; **bedding**, £100 for a double, all Graham & Brown

Florenzia Dusk **wallpaper**, £65 a roll; Alizarin matt **emulsion**, £48 for 2.5L, both Graham & Brown

Spotlight on... B&M

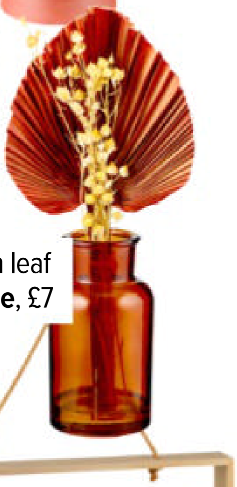
Well-priced accessories and furniture, available in-store and online.

Cloche, £6

Rainbow **hanging**, £3

Candle, £5

Basket, £10



Fan leaf **vase**, £7

Vase, £8

Dried-flower **frame**, £10

3 of the BEST PLATTERS

Sharing platters are ideal for informal get-togethers.

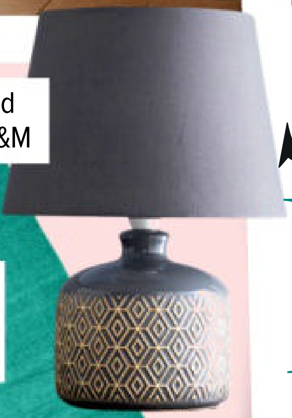
Mae check platter, £24.50, Oliver Bonas

Leaf platter, £18, John Lewis & Partners

Majolica platter, £16, Maxwell & Williams at Dunelm

STYLE IT FOR £10 & UNDER

Introduce spring charm to your home.



Erin printed **lamp**, £7, B&M

Chenille **rug**, £5.99, Homescapes

Floral print **cushion**, £10, Primark Home

Wine **glass**, £6 for 2, Primark Home

Oak Leaves **mug**, £5, Vicky Yorke Design

Walton & Co **tea towels**, £10 for 2, Harts of Stur

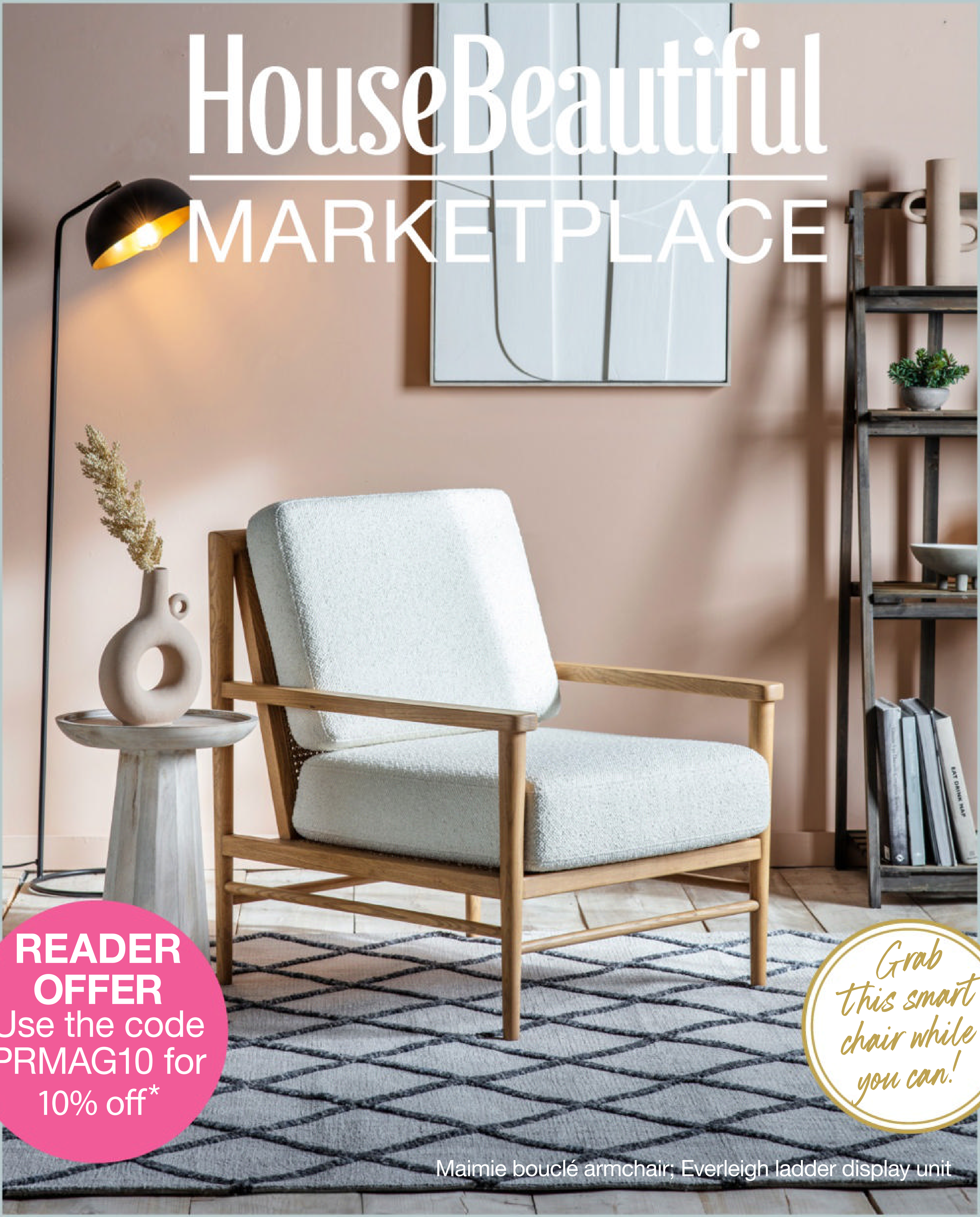
Celeste **incense holder**, £8.50, Oliver Bonas

Coral crush

Bring a burst of bright energy to any room with vivacious Raspberry Blush, paint company Benjamin Moore's colour of the year.

Raspberry Blush, from £20 per 0.94L, Benjamin Moore

HouseBeautiful
MARKETPLACE



READER OFFER
Use the code PRMAG10 for 10% off*

Grab this smart chair while you can!

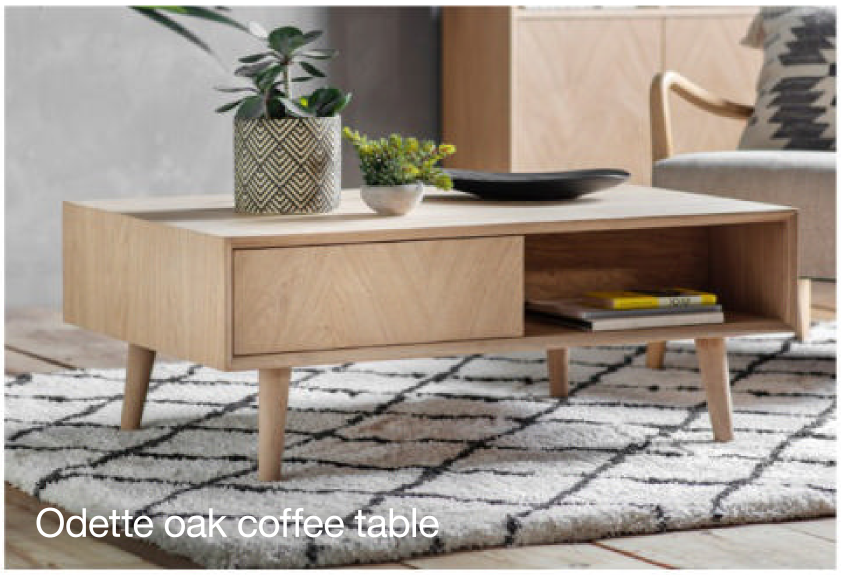
Maimie bouclé armchair; Everleigh ladder display unit

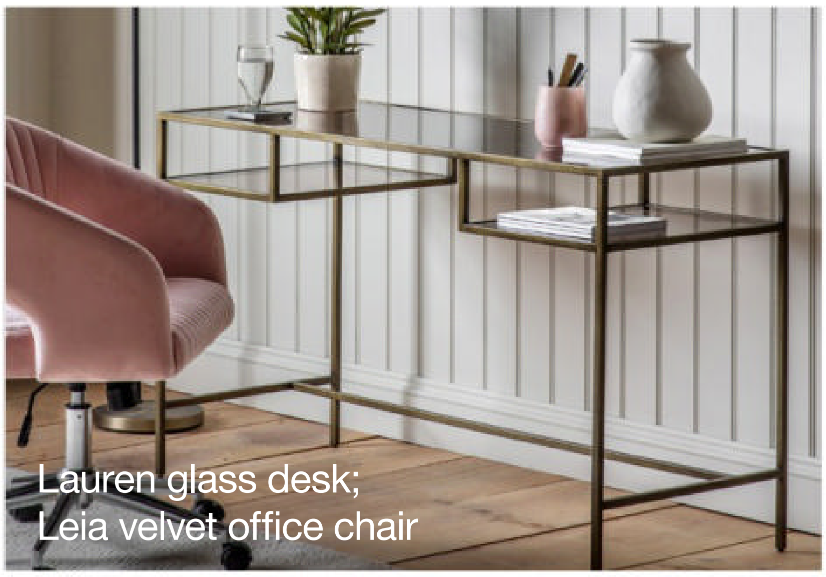
NEW YEAR, NEW HOME

As the new year begins, it's time to give your living space a bit of a rethink. Whether your home is in need of a good declutter or you just want to make it look even more gorgeous, the House Beautiful Marketplace is here to help. From handy shelving, bookcases and clever storage solutions – such as the Everleigh ladder display unit, above right – to chic accessories and super-stylish furniture – like the Maimie bouclé armchair, above – it couldn't be easier to give where you live a modern makeover. And remember, you get free shipping on any orders over £30!

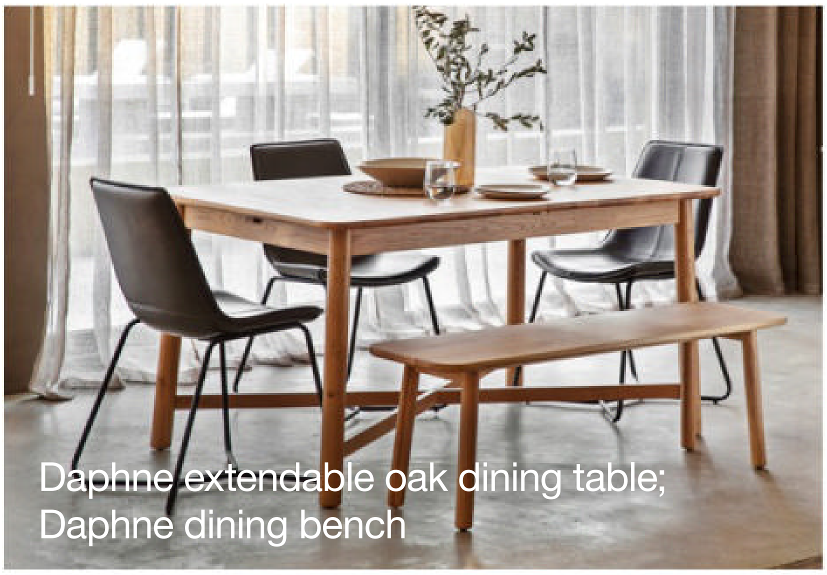
Update your space with stylish furniture and gorgeous accessories

Angela console table


Odette oak coffee table


Lauren glass desk;
Leia velvet office chair

Anisa ridged tableware


Daphne extendable oak dining table;
Daphne dining bench

Lilo cotton stripe cushions

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The best all-inclusive HOLIDAYS

A one-price holiday can feel like a very safe option right now. *Prima* travel editor Jane Anderson looks at her favourites...

WHAT DOES ALL-INCLUSIVE MEAN?

Usually, three meals a day and all drinks are included. Some resorts offer a range of restaurants and menus, branded alcoholic drinks, snacks and afternoon teas, plus a basic in-room minibar that's restocked. Use of pools and loungers, spas and saunas are included, but treatments are almost always extra. It's key to check the T&Cs – every all-inclusive is different and there may be a tiered rates system, giving you more services the more you pay. Check the *Going the extra mile* box to see free extras offered at the resorts.

Designer sunbeds, ready for soaking up sun and ambient sounds from the poolside DJ

BEST FOR...

The wow factor

Jane went to the TRS Ibiza Hotel. Here's how she found it...

Holidaying all-inclusive on the Balearic island of Ibiza is a smart move. This iconic destination, loved by the rich and famous, can be pricey – especially if you're after a luxury experience. The TRS Ibiza Hotel (palladiumhotelgroup.com/en) identified a gap in the market when it opened last year as Ibiza's only five-star, all-inclusive resort. I guarantee it has the wow factor when you walk into a sea-facing suite – with its views west over the sparkling Med and out to Illa Sa Conillera, it's perfectly placed for those San Antonio sunsets. The panoramic view also encompasses the resort's attractive pool with its designer sunbeds and outdoor bars, plus a second, more intimate pool. During the day and early evening, there's usually a DJ playing ambient or pop classics or a live guitarist poolside, giving you a taste of Ibiza's party reputation but in a very stylish way.

Back in the room, double balconies give you plenty of space to take it all in from your sunlounger. My suite featured bold art, a vast, comfy bed with good reading lights and an indulgent minibar resembling one of those old-fashioned travelling cases where the double doors swing open. My bathroom was part slinky vanity units, part wetroom. A dedicated concierge per floor, who reminds you of

How much?

Seven nights at the TRS Ibiza costs from £1,108pp, including flights from London Stansted. Visit jet2holidays.com.

Clockwise from left: sea views from a TRS Ibiza Deluxe room; the Vista suite; dine in style at Capricho; upgrade to a swim-up guestroom

any dinner or spa reservations, is a nice touch. You can upgrade by booking a swim-up guestroom or one with a private rooftop terrace and Jacuzzi, but regular sea-view suites are just as swanky.

One of flashiest features of this adult-only resort that mixes the futuristic with Ibizan vibe is the Gravity Sky Lounge bar on the roof. It's fun and glam to cool off in the rooftop infinity pool with a cocktail in hand by day, feeling like you're on top of the world, and by night, to dance to the resident DJ spinning tunes and watch live dance performances.

The restaurant choice was also fun and varied. Breakfast at the Capricho show-cooking restaurant involved a guitarist greeting guests, creatively presented food at live cooking stations with smiley servers, plus an array of fresh fruit pots and juices.

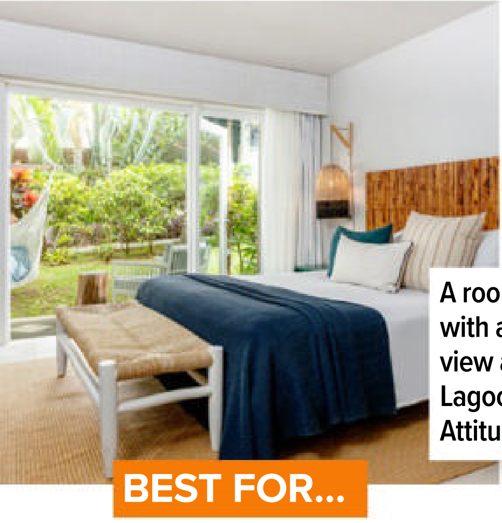
El Gaucho is a must for carnivores, but I liked the Helios à la carte restaurant for its *All You Need Is Love* Beatles-themed interiors and alfresco tables under the olive trees, serving Mediterranean dishes with an Asian twist. Guests staying in the top suites under TRS Ibiza's Signature Level scheme can also dine around the island at sought-after spots such as The Oyster & Caviar Bar and the Epic Infinity Lounge at Bless Hotel Ibiza, both included in its Dine Out programme.

TRS Ibiza has moved the all-inclusive experience upmarket, symbolised by the soft grey cloth bracelet that unlocks your room and all the facilities – closer to a low-key festival band than the crass plastic wristbands of old.

OUT AND ABOUT Spend a day mooching around the pretty village of Santa Gertrudis. You'll want to bring so much back home from the beautiful homeware and clothes shops, including No 74 L'Atelier Ibiza, where everything from soft canvas bags to linen dresses is arranged by colour. Take a craft class, such as macramé, in the back or chill out in the cafe at the front. Or head to Bar Costa, a local institution, for a classic Ibizan late lunch before heading back to the resort for siesta time. ➜

GOING THE EXTRA MILE

✓ Free refill of the minibar every three days ✓ L'Occitane bathroom products ✓ The hotel organises quarterly beach cleans with the council and received a Re Think Hotel Contest award for the best sustainability and hotel refurbishment project in Spain ✓ Live music by the pool



A room with a view at Lagoon Attitude

BEST FOR...

Sustainability

Lagoon Attitude, Mauritius

Attitude is a group of eight three-star and four-star all-inclusive hotels (hotels-attitude.com) on the Indian Ocean island of Mauritius that puts a big emphasis on sustainability and local community. Hotels are decorated with local art and furnished with pieces made by Mauritian craftspeople. Food is locally grown and sourced where possible. Reusable water bottles are given to all guests on arrival and there are water fountains all around. The four-star, adult-only Lagoon Attitude is tucked away on a protected stretch of the north-east coast overlooking Anse La Raie lagoon. The resort has its own marine lab and education centre for guests to learn about mangrove and marine conservation.

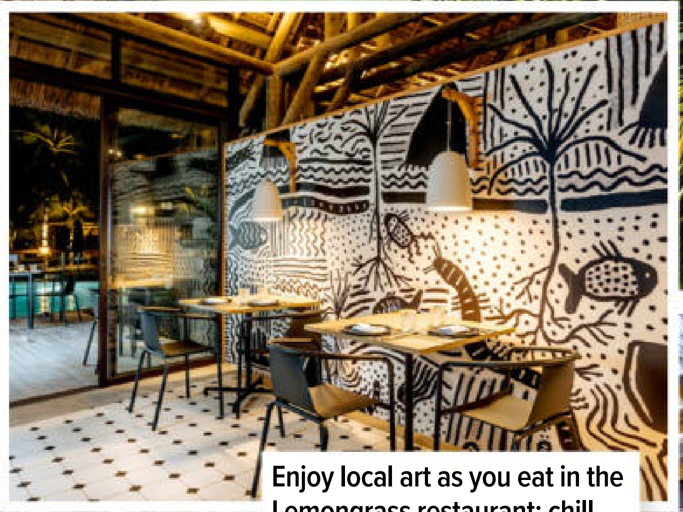
GOING THE EXTRA MILE

- ✔ Picnic baskets for day excursions with food served in reusable containers
- ✔ Free Otentik Discovery app, offering an interactive Mauritius travel guide

The stunning beach overlooks the Anse La Raie lagoon

How much?

Seven nights at the Lagoon Attitude costs from £1,379pp, including flights and transfers. Visit tropicalsky.co.uk.



Enjoy local art as you eat in the Lemongrass restaurant; chill out in the Coral bar (below)

WHAT THE TRAVEL EXPERTS ARE SAYING...

● 'All-inclusives with no hidden extras have seen a marked increase and make up nearly 70% of the bookings for 2023,' says Richard Sofer, TUI's commercial director. 'And the two-week holiday is no longer the norm – 10-night bookings are up nearly 25% on pre-pandemic levels,' he adds.

● According to Travel Republic, 38% of all bookings made are for all-inclusive, marking a 10% increase since 2019. Top destinations include Turkey, Egypt, Mallorca, Benidorm, the Canary Islands, Greek islands, Maldives, Mexico and the Caribbean. Turkey, Greece, Barbados and Bulgaria have seen the biggest growth in all-inclusive bookings.

● Katie Flynn, head of customer experience at Luxtripper, says: 'It's worth remembering that all-inclusive doesn't just mean food and drink. It can also include spa treatments, watersports and excursions, so it can be a sensible option for the savvy traveller at the moment.'

Relax poolside before a spot of scuba diving or fishing

BEST FOR...

Luxury

Sandals Ochi Beach, Jamaica

Sandals Resorts is the go-to for Caribbean all-inclusives. Created by the Jamaican Stewart family, it calls its holidays 'Luxury Included'. As part of the Sandals Foundation, which aims to encourage guests to play a meaningful role in local communities, you can get involved in lionfish hunting to keep down numbers of this invasive but edible species.

How much?

Seven nights at Sandals Ochi Beach costs from £1,769pp, including flights from London Heathrow. Visit sandals.co.uk.

GOING THE EXTRA MILE

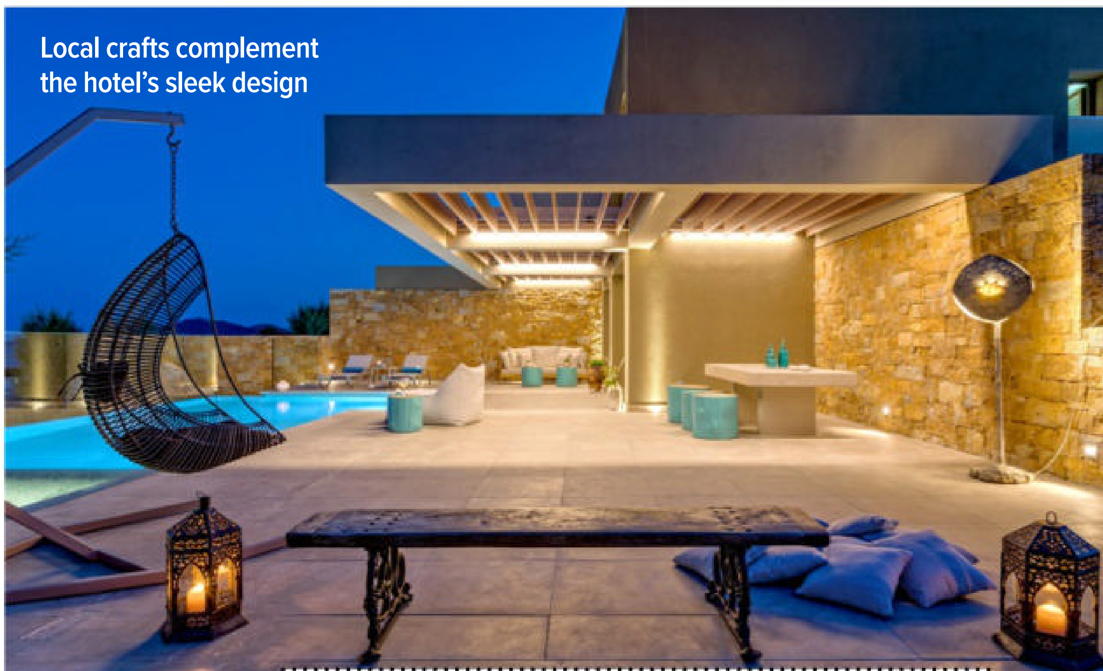
✔ 16 speciality restaurants per resort ✔ Unlimited five-star global gourmet dining ✔ 11 bars per resort ✔ Unlimited drinks, including premium spirits ✔ Complimentary land and watersports, including two scuba dives per day for PADI certified divers ✔ Green fees and transport to Sandals Golf & Country Club included at Sandals Ochi Beach ✔ Sandals Foundation lionfish hunting to support the local community

BEST FOR...

Supporting the community

Amada Colossos Resort, Rhodes

The Amada Colossos (amadacolossosresort.com) is slick, stylish and vast, with almost 700 rooms, yet it maintains a sense of place. Some of the decor, such as handmade lamps, is made nearby. And although the 16 restaurants and bars offer international cuisine, the Greek Taverna serves local dishes, such as kokkinisto (beef stew in tomato sauce). There's also an on-site kafenion (coffee house) where you'll find meze, home-made sweets and ouzo or tsipouro. If you want to go beyond the all-inclusive package, you can try a class with local pastry chefs, or the concierge team will book you an immersive cultural tour of Rhodes.



Local crafts complement the hotel's sleek design

How much?

Seven nights at the Amada Colossos costs from £749pp, including flights from London Gatwick and transfers. Visit easyjet.com/en/holidays.

GOING THE EXTRA MILE

WITH THE BASIC ALL-INCLUSIVE PACKAGE

✔ Access to the five-slide waterpark

✔ Sunbeds and umbrellas on the beach

WITH THE HIGHER ROOM CATEGORY

✔ A room-service menu ✔ Nespresso machine and pods ✔ Bottle of Champagne and mini pastries on arrival ✔ Daily fresh fruit platter ✔ Gazebo candlelit dinner ✔ Massage for two in the Amada Wellness Spa →

BEST FOR...

Adventure

Shangri-La Rasa Ria, Borneo

Experience a value-for-money yet luxurious all-inclusive five-star resort on the far-flung tropical island of Borneo, in Southeast Asia. Located where the rainforest meets the sea, the 400-acre Shangri-La Rasa Ria (shangri-la.com) has a 3km-long private beach, 64-acre forest reserve, six distinct restaurants, activities for adults and children, plus hiking trails, should you want to explore.

GOING THE EXTRA MILE

✓ Unlimited access to the Rasa Ria Reserve ✓ Wall climbing ✓ Bike rides ✓ One-hour ocean kayak or bodyboard per person

How much?

Seven nights costs from £1,753pp, with indirect flights from London Heathrow. Visit kenwoodtravel.co.uk.

Paradise awaits in Borneo

The luxury Garden Wing Pool and (right) the Executive Suite

Pick your pool: Palm Lake Boulevard at Ikos Andalusia in Spain

How much?

Seven nights at the Ikos Andalusia costs from £1,579pp between 1 and 31 May 2023. Visit britishairways.com/spain.

BEST FOR...

Sunshine style

Ikos Resorts, Spain and Greece

Not the cheapest all-inclusive, but Ikos Resorts (ikosresorts.com) in Greece and Spain are among the most stylish and deliver a great experience. Spain's Ikos Andalusia is a great choice, and this summer the brand opens its second Spanish site, Ikos Porto Petro in Majorca, offering 319 rooms and suites with terraces, private pools and incredible views of the Med. Guests will enjoy five indoor and outdoor heated pools, with separate children and baby pools.

GOING THE EXTRA MILE

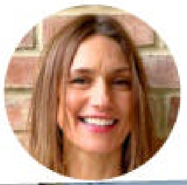
ALL FIVE IKOS RESORTS IN SPAIN AND GREECE OFFER

✓ A day's complimentary car hire and tickets to local attractions or museums ✓ A meal at a local restaurant ✓ Locally sourced olive oil, honey and wine

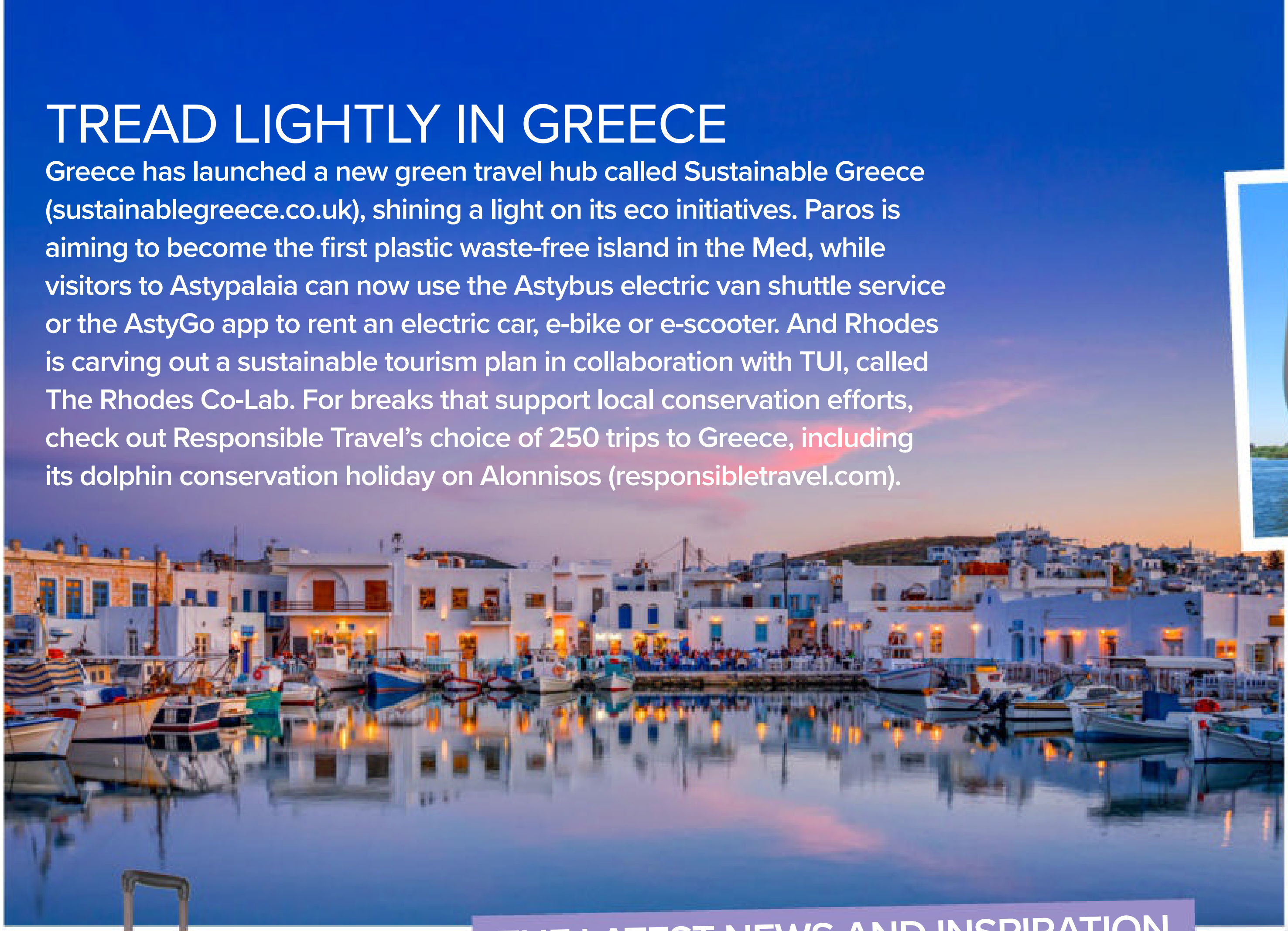
Photography Charly Simon, Jason Goder, Travis McNeill, Steve Sanacore, Jose Luis Ribas, Kevin Kaminski, David Lothian, Piranha Photography, Getty. Prices correct at time of press. Check the FCDO advice, as it includes the latest information on safety, security, travel warnings and health

THE LATEST NEWS AND INSPIRATION

Plan it, book it, LOVE IT!



Holiday inspiration from our travel editor, Jane Anderson



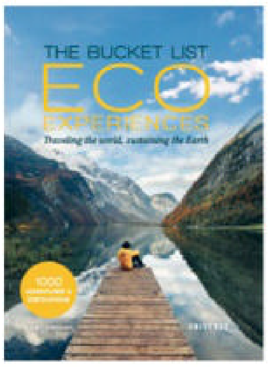
TREAD LIGHTLY IN GREECE

Greece has launched a new green travel hub called Sustainable Greece (sustainablegreece.co.uk), shining a light on its eco initiatives. Paros is aiming to become the first plastic waste-free island in the Med, while visitors to Astypalaia can now use the Astybus electric van shuttle service or the AstyGo app to rent an electric car, e-bike or e-scooter. And Rhodes is carving out a sustainable tourism plan in collaboration with TUI, called The Rhodes Co-Lab. For breaks that support local conservation efforts, check out Responsible Travel's choice of 250 trips to Greece, including its dolphin conservation holiday on Alonnisos (responsibletravel.com).

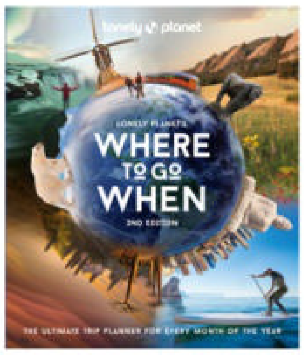
Hot tip for 2023

It's 100 years since Howard Carter unsealed Tutankhamun's burial chamber, and with the long-awaited opening of Cairo's Grand Egyptian Museum, too, 2023 is the perfect time to head to Egypt. Explore in style with Original Travel (originaltravel.co.uk) on one of its Nile vessels: the Steam Ship Sudan and Flâneuse du Nil (above).

Travel by the book



The Bucket List Eco Experiences: Travelling The World, Sustaining The Earth
(£25, Universe Publishing)
by Juliet Kinsman
With 1,000 eco-friendly ideas, this will lead you to travel experiences that are a force for good.



Lonely Planet's Where To Go When (£19.99, shop.lonelyplanet.com)
The second edition of this guide is out now to help you plan an exciting year of adventures.

WHEELY GOOD

I love this Clifton polycarbonate suitcase in blush (from £159, antler.com).

Chill out in Thailand at the Avani+ Khao Lak...

...or live it up in New York at the Moxy Lower East Side

NEW AND AFFORDABLE

● The Avani+ Khao Lak Resort sits on the sandy shores of Bang Sak Beach in Thailand's Phang Nga, with Andaman Sea views and a 24-hour fitness facility. Guests can try anything from beach yoga to outdoor climbing, before heading to the beautiful spa. Doubles from £125 a night including breakfast (avanihotels.com).

● The Moxy Lower East Side is a glam yet affordable New York City option. Inspired by the area's history as a centre of entertainment and culture, it has a catwalk entrance on the corner of Bowery and Broome Street and a cool rooftop bar, The Highlight Room. Doubles from around £180 a night (moxylowereastside.com).

Photography Perikles Merakos/Finn Partners, Hill & Dean PR, The Brandman Agency. Check the FCDO advice, as it includes the latest information on safety, security, travel warnings and health

prima HOLIDAYS

CRUISES | EXPERT-LED TRIPS | TOURS

Aside from losing those post-festive pounds (not just me, I hope?!), this month is when talk turns to booking holidays for the year ahead. To that end, it's time to unveil our latest travel experiences, all handpicked and handcrafted with you in mind. Whether you explore otherworldly Iceland with our favourite weather presenter, tour Sandringham with a TV historian or simply unwind on the enchanting Amalfi coast, we have a holiday for you. To see the full Prima Holidays collection of cruises, tours and short breaks, visit primaholidays.co.uk. Ready, steady, book!

Jo

JO CHECKLEY
EDITOR

THE PRIMA HOLIDAYS GUARANTEE

- ✔ **Low deposits.** Many of our trips can now be booked with low deposits, starting from just £75pp.
- ✔ **Your money is safe.** Your trips are financially protected or bonded by one of these schemes: TTA, ABTA, AITO, ABTOT or Global Travel Group's consumer protection guarantee scheme.
- ✔ **Flight-inclusive trips are also ATOL-protected.** This government-backed scheme safeguards your money and will assist you if a company goes out of business.
- ✔ **If there is any reason why your trip may be cancelled, our experts will be in touch.** If you have any concerns, please email primaholidays@hearst.co.uk and we will be on hand to help.

ABTA The Travel Association | ATOL PROTECTED | AITO The Specialist Travel Association | Travel Trust Association | ABTOT Financial Protection for Travel

OUR TRAVEL PARTNER

TS TOURS

Tripsmiths partners with the world's leading tour operators and select media brands to deliver exclusive travel experiences.

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EXCLUSIVE CRUISE

Sail the majestic fjords of ICELAND and meet Carol Kirkwood

Discover Iceland's captivating landscapes and exceptional wildlife and visit Reykjavík with the popular weather presenter

MEET YOUR SPECIAL GUEST

Scottish weather presenter Carol Kirkwood, who trained with the Met Office, has been presenting the weather for more than 20 years and appeared on *Strictly* in 2015.

Iceland has much to offer lovers of the natural world, with geothermal springs; towering mountains; and magnificent fjords, where humpback whales breach in icy waters. There's no better way to experience its dramatic landscapes and wildlife than on a cruise, and our luxury two-week voyage will take you to many of this magical country's highlights.

Making the trip extra special is the chance to meet Carol Kirkwood, who'll join you on an excursion and give a talk and Q&A session in Iceland's capital, Reykjavík.

You'll sail in style on MV Balmoral and enjoy fabulous facilities, including the Atlantis Spa, heated pools and a range of dining venues.

The itinerary has been carefully crafted to include Iceland's greatest natural attractions. You'll have opportunities to see the Seyðisfjörður fjord, Strokkur geyser and waterfalls

TS TOURS

OUR TRAVEL PARTNER S Tours Ltd is the UK's leading specialist in creating bespoke tours, cruises and rail journeys in the company of experts.

DISCOVER MORE FINANCIALLY PROTECTED HOLIDAYS at PRIMAHOLIDAYS.CO.UK

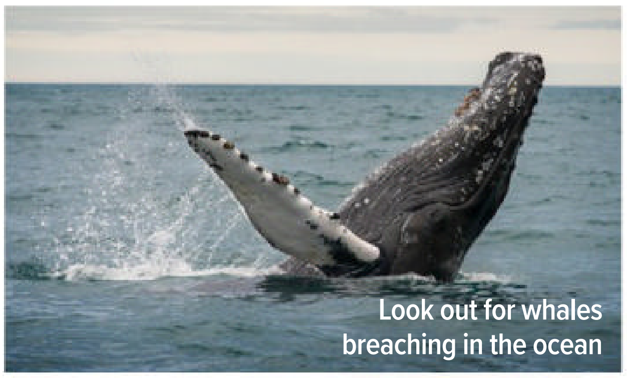
See Iceland's natural wonders, including Goðafoss Waterfall

Visit Iceland's capital, Reykjavík, with Carol Kirkwood

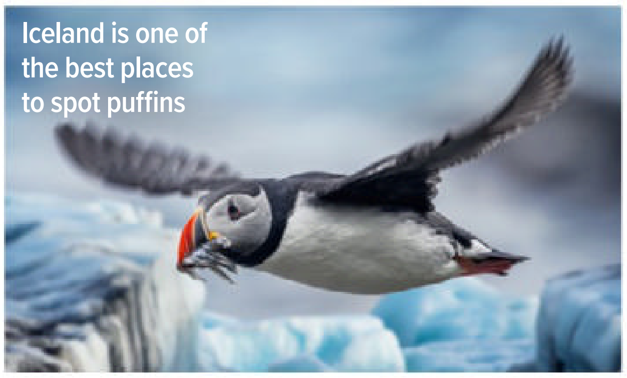
NEW NO-FLY CRUISE FOR NATURE LOVERS

Enjoy fabulous facilities on board small-ship MV Balmoral

of Gullfoss and Goðafoss. You'll cruise along Iceland's longest fjord, Eyjafjörður, and the Borgarfjörður eystri, home to a large population of elves – according to Icelandic folklore, at least. There's a trip to Akureyri, too – a brilliant location for spotting humpback whales in their natural habitat as they occasionally jump out of the cobalt water to put on a show.



Look out for whales breaching in the ocean



Iceland is one of the best places to spot puffins

Reasons to book

MEET CAROL KIRKWOOD

In Reykjavík, you'll be joined by Carol Kirkwood, who will give a talk on her career as a weather presenter and will be available to answer your questions.

MESMERISING LANDSCAPES

Your ship is specially designed to get you up close to many of Iceland's most breathtaking landscapes, from geothermal geysers to majestic fjords and towering volcanoes.

ON-BOARD ENTERTAINMENT

On MV Balmoral there is a schedule of excellent entertainment each evening, from music and cabaret to comedy.

UNWIND AS YOU SAIL

With just 710 guest cabins and a range of wellness facilities on MV Balmoral, your days at sea will provide the chance to disconnect from the stresses of life on land. Indulge in a treatment at the Atlantis Spa or kick back and relax by one of the two heated saltwater pools.

YOUR ITINERARY

DAY 1 Southampton **DAYS 2, 3 & 4** At sea **DAY 5** Seyðisfjörður, Iceland **DAY 6** Akureyri, Iceland **DAY 7** Ísafjörður, Iceland **DAYS 8 & 9** Reykjavík, Iceland **DAY 10** At sea **DAY 11** Tórshavn, Faroe Islands **DAYS 12 & 13** At sea **DAY 14** Arrive back in Southampton

YOU WILL GET THE CHANCE TO...

- Visit Reykjavík with Carol Kirkwood and hear a talk and Q&A session by Carol.
- See the best of Iceland, including fjords and wildlife.
- Stay in a comfortable, stylish cabin or suite with a Smart TV, hairdryer, tea and coffee-making facilities, a fridge and air-con.
- Indulge in five-course à la carte dinners, casual breakfast and lunch buffets, late-night snacks and more.
- Enjoy unlimited self-service tea and coffee at selected venues, complimentary afternoon tea with sandwiches and cakes, and in-room snacks and sandwiches.
- Watch a full programme of evening entertainment.
- Make full use of on-board leisure facilities, including swimming pools, Jacuzzis and the gym.

ALSO INCLUDED

Drinks and gratuities package on board, all port taxes and luggage porterage between your cabin and drop-off/pick-up point.

HOW TO BOOK

PRICE: FROM £2,399pp*

DATES: 13 TO 26 SEPTEMBER 2023

TO BOOK, CALL 020 4571 5192, quoting PRIMA ICELAND FEB23

VISIT prima.co.uk/kirkwoodiceland for more details and to see the full itinerary

*From price is per person, based on two people sharing an inside cabin, subject to availability. Price and itinerary correct at time of print but may be subject to change. Deposit: 20%. Local charges such as tourist tax may apply. In the case of unforeseen circumstances, expert(s) may be substituted, and any expert-led events may be subject to change. Expert(s) will not join you for your full trip duration unless otherwise stated. Travel insurance is not included but required for most of our overseas trips, and should be taken out at time of booking. This holiday may be sold through other selected brands. Images used may not reflect your actual tour experience. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL-bonded)

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CRAFT HOLIDAY

NEW HOBBY HOLIDAY FOR *PRIMA* READERS

Explore the delights of the Netherlands *and indulge your passion for quilting*

Join expert quilter Sallieann Harrison on this cruise and visit the Rijswijk Patchwork and Quilt Days festival

Discover the Netherlands and indulge in your favourite hobby with this wonderful river cruise.

You'll join fellow quilting enthusiasts on this delightful journey through the Netherlands on the four-star MS Arena cruise ship. Sallieann Harrison, a designer and regular presenter on *Sewing Street*, will join you on board to host inspirational quilting workshops. As you sail, you'll enjoy one full-day and one half-day workshop with Sallieann, and are sure to pick up crafty tips and tricks.

MS Arena will take you to the world-class Keukenhof Gardens. Here, you'll be wowed by the colourful displays at this 32-hectare garden.

Your final stop will be The Hague, to check in at the four-star Babylon Hotel for a three-night stay. A highlight of your trip is sure to be the Patchwork and Quilt Days festival in Rijswijk, where its displays of beautiful quilts showcase different styles and techniques. You'll leave feeling inspired for your own quilting projects.

Reasons to book

EXPERT INSIGHT

Designer Sallieann Harrison will be on hand throughout the trip, hosting inspirational workshops with a beautifully designed project to spark your creativity.

SEE KEUKENHOF GARDENS

Around 7m bulbs are planted annually here, so you'll witness spring in all its glory.

VISIT THE QUILTING FESTIVAL

You'll spend a full day at the Patchwork and Quilt Days festival in Rijswijk, where you can meet others with a passion for quilting and marvel at the works on show.

Discover the charming city of Delft

Enjoy inspirational quilting workshops

YOUR ITINERARY

DAY 1 Arrive in Amsterdam **DAY 2** Keukenhof Gardens **DAY 3** Arnhem and Nijmegen **DAY 4** Rotterdam **DAY 5** Delft **DAY 6** Rijswijk Patchwork and Quilt Days festival **DAY 7** Hand-sewing workshop **DAY 8** Depart

YOU WILL GET THE CHANCE TO...

- Enjoy a full day at the Patchwork and Quilt Days festival in Rijswijk.
- Take part in one full-day and two half-day workshops with Sallieann Harrison, with kit included.
- Visit the world-famous Keukenhof Gardens and Royal Delft Museum & Factory.
- Spend four nights on MS Arena on a full-board basis.
- Relax on board with breakfast, lunch, afternoon tea, dinner and late evening snacks included.
- Stay for three nights at Hotel Babylon in The Hague on a B&B basis.

ALSO INCLUDED

Return flights from London Heathrow to Amsterdam, checked luggage included; coach transport as detailed in the itinerary.

HOW TO BOOK

PRICE: From £2,490pp*

DATES: 10 to 17 April 2023

TO BOOK, CALL 01473 905 599, quoting PRIMAQF23

VISIT prima.co.uk/quiltfestival

for more details and to see the full itinerary

*From price is pp, based on two sharing an Upper Deck Superior cabin, subject to availability. Price and itinerary correct at time of print but may be subject to change. Single supplement applies. Deposit: £350. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips, and should be taken out at time of booking. This trip may be sold through other selected brands. Images used may not reflect your actual tour experience. In the case of unforeseen circumstances, expert(s) may be substituted, and any expert-led events may be subject to change. Expert(s) will not join you for your full trip duration unless otherwise stated. Tour is operated by and subject to the booking conditions of Leger Holidays Limited and Leger Air Holidays Limited trading as Arena Travel (ABTA V3582 and ATOL 3880).

ARENA TRAVEL A WORLD OF EXPERIENCE **OUR TRAVEL PARTNER Arena Travel** (a trading name used by Leger Holidays Ltd) is one of the UK's leading special-interest holiday companies.

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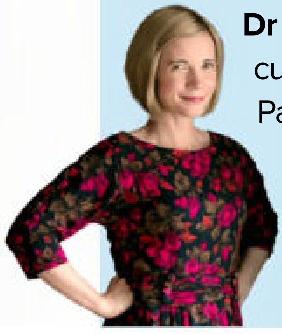
EXCLUSIVE TOURS

BOOK THIS BESTSELLING ROYAL TOUR

Visit Sandringham with Dr Lucy Worsley

Join the acclaimed historian at the Royal Family's Norfolk retreat, plus enjoy wonderful scenic journeys by rail and paddle steamer

MEET YOUR SPECIAL GUEST



Dr Lucy Worsley is chief curator at Historic Royal Palaces and the author of many books. She has presented a number of shows for the BBC, Channel 4 and History.

Norfolk is the perfect place to unwind and included in this wonderful short break are no fewer than three railway journeys and a cruise on a paddle steamer. What turns this five-day tour from special to extraordinary is the chance to meet the brilliant historian Lucy Worsley. Lucy will give an exclusive talk about Sandringham, before joining you on a visit to the estate.

ARENA TRAVEL

ARENA RAIL HOLIDAYS (a trading name used by Leger Holidays Ltd) is one of the UK's leading special-interest holiday companies.

YOU WILL GET THE CHANCE TO...

- Enjoy a talk, Q&A and Sandringham tour with Lucy Worsley.
- Spend four nights half-board at Holiday Inn Norwich North.
- Take steam train journeys on the Bure Valley Railway and the Poppy Line.
- Journey aboard the Bittern Line.
- Cruise on the Norfolk Broads aboard the Southern Comfort Mississippi paddle boat.

PRICE: From £749pp*
DATES: 8 to 12 May, 3 to 7 July, 4 to 8 September 2023
TO BOOK, CALL 01858 390 254, quoting PRIMALW23
VISIT prima.co.uk/lucyworsley
for more details and to see the full itinerary

*From price is per person, based on two people sharing a room, subject to availability and based on 8 May 2023 departure date. Price and itinerary correct at time of print but may be subject to change. Single supplement £140. Deposit required. Please note: we cannot guarantee all rail journeys will be steam hauled. In the case of unforeseen circumstances, expert(s) may be substituted, and any expert-led events may be subject to change. Expert(s) will not join you for your full trip duration unless otherwise stated. Travel insurance is not included but should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of Leger Holidays Limited and Leger Air Holidays Limited trading as Arena Travel (ABTA V3582 & ATOL 3880).

WHAT TREASURES MIGHT YOU FIND?

Discover the Peak District with Paul Martin

Visit stately homes and get tips on shopping for antiques from the presenter of Channel 5's *The Great Auction Showdown*

MEET YOUR SPECIAL GUEST

Paul Martin presented BBC One's *Flog It!* for more than 17 years. He will give a talk before your visit to Bolsover Antiques Centre, offering expert tips on finding antiques.

Spend three days exploring some of the Peak District's finest country houses, including Chatsworth House, Bolsover Castle, Tissington Hall, Hardwick Hall and Renishaw Hall. You'll also have the chance to pick up antiques on a trip to Bolsover Antiques Centre. TV presenter Paul Martin will share tips on what to look for and will join you on a visit to Chatsworth House.

TS TOURS

TS TOURS LTD, which specialises in bespoke and expert-led tours, is working in partnership with Travel Editions, which was set up 28 years ago to offer cultural short breaks and extended tours.

YOU WILL GET THE CHANCE TO...

- Hear antiques shopping tips from Paul Martin.
- Spend three nights half-board at The Old Hall Hotel.
- Enjoy a cream tea on arrival and evening welcome reception.
- Relax over three delicious dinners at the hotel, including two nights with wine included.
- Visit five stately homes in the Peak District.
- Benefit from coach transfers and a tour manager, talks, guided tours and admissions all included.

PRICE: From £795pp*
DATES: 25 to 28 April 2023
TO BOOK, CALL 020 8131 5493, quoting PRIMA ANTIQUES FEB23
VISIT prima.co.uk/paulmartin
for more details and to see the full itinerary

*From price is per person, based on two people sharing a room, subject to availability. Price and itinerary correct at time of print but may be subject to change. Single supplement £75. Deposit required. In the case of unforeseen circumstances, expert(s) may be substituted, and any expert-led events may be subject to change. Expert(s) will not join you for your full trip duration unless otherwise stated. Travel insurance is not included but should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of Travel Editions Group Ltd, ABTA V3120.

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READER OFFER

Enjoy a superb mini-break in *Spain's Andalucía region*

Spend four nights getting to know Seville, Córdoba and Ronda with unmissable experiences included

Andalucía is the warm and sunny land of Spanish fiestas, flamboyant flamenco dancers and historic Christian and Muslim influences, evident in the region's art, architecture and food.

Explore three parts of Andalucía over four days, starting with two nights in beautiful Seville. It's Córdoba next, famous for the fine arches in the Mezquita, the town's architectural showstopper. You'll witness another Andalucían spectacle tonight – an impressive show in which horses dance in a legendary Spanish tradition.

Your final stop is Ronda, a town perched in an extraordinary position high above a gorge. There are stories and legends to hear about this fascinating place, but you'll also get to know modern-day Ronda as you learn how to cook local dishes in an open-air kitchen. There's a wine tasting, too, where you'll sample the excellent wines produced in the warm climes of southern Spain.

Reasons to book

EFFORTLESS EXPLORATIONS

With your flights and transfers included, you can relax knowing that the logistics of this trip are all taken care of.

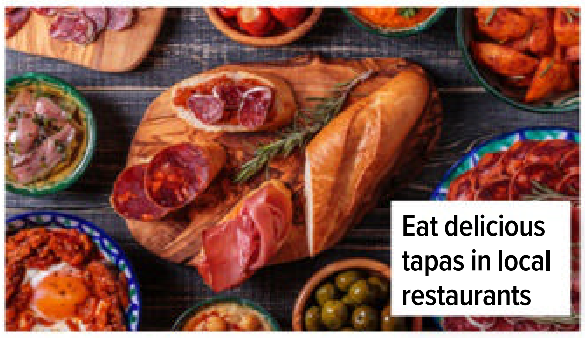
TOUR AT YOUR OWN PACE

This trip has pre-planned excursions and tickets included, but there's also time to explore the towns and cities at your own pace and seek out the places that interest you most.

FOUR PRE-PLANNED EXCURSIONS INCLUDED

WATCH FLAMENCO IN SEVILLE

The rhythmic dance and the swish of the crimson dresses make a genuine flamenco performance truly spellbinding. You'll have the chance to see a traditional performance in Seville.



Eat delicious tapas in local restaurants

See flamenco in Seville, then visit jaw-dropping Ronda (left)

YOUR ITINERARY

DAYS 1 & 2 Arrive and Seville **DAY 3** Córdoba **DAY 4** Ronda **DAY 5** Depart

YOU WILL GET THE CHANCE TO...

- Stay for four nights with bed and breakfast, including two nights in Seville, a night in Córdoba and a night in Ronda.
- Receive one complimentary bottle of local wine, exclusively for *Prima* readers.
- Take part in an outdoor cookery class and wine tastings in Ronda.
- Watch a fabulous flamenco show in Seville.
- Visit the Mezquita in Córdoba.
- See an Andalucían horse show in Córdoba.
- Fly return from London to Seville; regional flights at a supplement.

ALSO INCLUDED

Transfers to and from Seville airport.

HOW TO BOOK

PRICE: From £1,045pp*
DATES: 17 to 22 May, 21 to 26 June and 11 to 16 October 2023
TO BOOK, CALL 02045 253 683, quoting PRIMA ANDALUCIA FEB23
VISIT prima.co.uk/andalucia for more details and to see the full itinerary

*From price is per person, based on two sharing, subject to availability. Price and itinerary correct at time of print but may be subject to change. Single supplement £200. Deposit 30%. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips and should be taken out at time of booking. This holiday may be sold through other selected brands. Images used may not reflect your actual tour experience. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL-bonded) and Untravelled Paths.

TS TOURS

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READER OFFER

FULL-DAY AMALFI COAST TOUR INCLUDED

Unwind on the sunny coast of Italy's spectacular *Sorrento Peninsula*

See historic sites, enchanting towns and breathtaking scenery in this idyllic corner of southern Italy

Suspended between the blue sky and turquoise water, the Amalfi Coast is a truly enchanting destination, with colour-washed houses, bustling ports and blooming bougainvillea adorning the cliffs.

On this five- or seven-night escape, you'll stay in Sant'Agata, at the tip of Italy's Sorrento Peninsula. From here, you can enjoy the Amalfi Coast and soak in the views across the Bay of Naples and the Bay of Salerno.

A full-day Amalfi Coast tour is included in your holiday, with a first stop in Positano and its lemon, orange, and olive groves. You'll then travel to Amalfi before your final stop in the pretty mountaintop town of Ravello.

Reasons to book

A HOTEL WITH SEA VIEWS

You'll stay at the Grand Hotel Due Golfi, where a stylish infinity pool awaits (open May to October), with views across the Bay of Naples.

FULL-DAY AMALFI COAST TOUR

You'll stop in Ravello, where you can wander along the terraced gardens of Villa Rufolo, and pass through picturesque towns, such as Praiano, Furore and Conca dei Marini.

SPECTACULAR SORRENTO

The famous town of Sorrento is close to your hotel. Wander the piazzas and be sure to try some ice-cold local limoncello.

Stay at the four-star Grand Hotel Due Golfi

Enjoy panoramic views from the infinity pool

TS TOURS **OUR TRAVEL PARTNER TS Tours Ltd** is the UK's leading specialist in creating bespoke tours, cruises and rail journeys in the company of experts.

See colourful markets on a tour of the Amalfi Coast

YOUR ITINERARY

FIVE NIGHTS

DAY 1 Check in **DAY 2** Amalfi Coast tour** **DAY 3** At leisure **DAY 4** At leisure **DAY 5** At leisure **DAY 6** Departure

SEVEN NIGHTS

DAY 1 Check in **DAY 2** Amalfi Coast tour** **DAY 3** At leisure **DAY 4** At leisure **DAY 5** At leisure **DAY 6** At leisure **DAY 7** At leisure **DAY 8** Depart

YOU WILL GET THE CHANCE TO...

- Spend five or seven nights at the Grand Hotel Due Golfi in a room with a balcony.
- Enjoy breakfast each day.
- Go on a full-day Amalfi Coast tour.

ALSO INCLUDED

Direct easyJet or Wizz Air flights from London Gatwick to Naples with 15kg hold baggage per person and private return transfers.

HOW TO BOOK

PRICE: From £649pp* (five nights); from £769pp* (seven nights)

DATES: 25 to 30 March (five nights); 25 March to 1 April 2023 (seven nights) Other dates are available throughout March to October 2023

TO BOOK, CALL 02045 716 962, quoting PRIMA AMALFI FEB23

VISIT prima.co.uk/amalfi for more details and to see the full itinerary

*From price is per person, based on two sharing, subject to availability. Price and itinerary correct at time of print (24 November 2022) but may be subject to change. Deposit: 30%. **Tour could take place on Day 2, 3 or 4. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips and should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL-bonded) and THG Travel Limited (ATOL 9528 and ABTA Y6433).

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prima HOLIDAYS

EXCLUSIVE OFFER

Set sail for the elegant cities and natural beaches of northern Spain this summer

Make the most of the newly refurbished Bolette, with her two pools, luxurious spa and evening entertainment, and discover Bilbao, Getxo and La Coruña

Northern Spain is loved for its green landscapes, famed gastronomy, elegant cities and quaint villages, and long, golden beaches. It's also packed with cultural attractions to explore, with art and architecture to discover at every turn.

The luxury five-day summer cruise departs in August and will take you to some of the highlights of northern Spain as you sail in style on ship Bolette. While on board, you can indulge in a range of fabulous facilities, including the Atlantis Spa, a two-tiered entertainment theatre and a range of elegant dining venues. Even better, *Prima* readers will receive an exclusive £100pp discount on the trip.

Your first stop will be Getxo, a charming port town in the beautiful Basque Country. You'll have time to see some of the town's spectacular beaches and impressive sights, including the UNESCO-listed Vizcaya Bridge, before heading to Bilbao.

Bilbao is one of the most famous cities in northern Spain and is the home of the world-renowned Guggenheim Museum Bilbao.

You'll also visit the magnificent city of La Coruña in Galicia, where you can wander between the medieval old town and the more modern districts to see the architectural contrasts that make the city so fascinating. Climb the Tower of Hercules, one of the oldest active Roman lighthouses in the world, or simply wander along the city's many tranquil bays, enjoying sweeping coastal views.

Relax on golden beaches with a cocktail or two

OUR TRAVEL PARTNER TS Tours Ltd is the UK's leading specialist in creating bespoke tours, cruises and rail journeys in the company of experts.

DISCOVER MORE FINANCIALLY PROTECTED HOLIDAYS at PRIMAHOLIDAYS.CO.UK

Northern Spain boasts beautiful coastal areas, such as La Coruña

Explore the famous Guggenheim Museum Bilbao

£100pp DISCOUNT FOR *PRIMA* READERS*

With 690 staterooms, Bolette is smaller than many of the ocean giants

Reasons to book

EXCELLENT FOOD AND DRINK

All food is included while on your ship, Bolette. The menu changes daily, and dishes include steaks, seafood, freshly made soups, pasta and salads, plus a selection of delicious homemade breads.

EXPLORE LA CORUÑA

Visit the beautiful port town nicknamed the Crystal City. Wander along one of its immaculate bays or along the lanes of the medieval old town, where you might sip a cold Estrella, Galicia's famous lager.

Enjoy a selection of teas in Bolette's Oriental Tea Room

DISCOVER BILBAO

With intriguing architecture, a celebrated dining scene and stunning landscapes just outside the centre, Bilbao is one of the most inviting cities in northern Spain. You'll have time to explore its many attractions, including the 14th-century Gothic-style Santiago Cathedral.

LUXURY WELLNESS FACILITIES

While on board, stop off at the Atlantis Spa and indulge in a treatment, such as a Swedish massage or Exception Marine Redensifying Treatment facial. Or, simply kick back in one of the Jacuzzis or pools.

SEE GETXO

Get to know this wonderful port town, with its beautiful beaches and impressive architecture, including the UNESCO-listed Vizcaya Bridge.

YOUR ITINERARY

DAY 1 Depart from Southampton **DAY 2** At sea **DAY 3** Getxo for Bilbao **DAY 4** La Coruña **DAY 5** At sea **DAY 6** Arrive back in Southampton

YOU WILL GET THE CHANCE TO...

- Receive a £100pp discount exclusive to *Prima* readers.
- See the best of northern Spain.
- Spend five nights in a stylish cabin on Bolette.
- Dine on a tempting choice of cuisine served on board – with five-course à la carte dinners, casual breakfast and lunch buffets, and late-night snacks all included.
- Have unlimited, self-service tea and coffee available 24 hours a day and complimentary afternoon tea with sandwiches and cakes, plus in-room sandwiches and snacks.
- Enjoy a full programme of evening entertainment, with cabaret shows, comedy, dancing and live music.
- Make full use of the ship's leisure facilities, including swimming pools, Jacuzzis and gym, plus a wide choice of activities and lectures.

ALSO INCLUDED

All UK port taxes, luggage porterage between your cabin and the drop-off and pick-up points, formal welcome and/or captain's drinks party and gala buffet.

HOW TO BOOK

PRICE: From £695pp*

DATES: 25 to 30 August 2023

TO BOOK, CALL 020 4525 4995, quoting PRIMA SPAIN OLSEN FEB23

VISIT prima.co.uk/bolettespain for more details and to see the full itinerary

*From price is pp, based on two sharing an interior cabin, subject to availability; includes all discounts. Price and itinerary correct at time of print but may be subject to change. Single supplement applies. Deposit 20%. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips and should be taken out at time of booking. This holiday may be sold through other selected brands. Images used may not reflect your actual tour experience. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL-bonded) and Fred Olsen Cruise Lines Ltd

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Your time off & time out

The hot LIST

5 TREATS YOU CAN'T MISS!

THEATRE

STEEL MAGNOLIAS
Based on the hit film, this heart-warming production is touring the UK. With a cast that includes *Call The Midwife*'s Laura Main, it follows six women who come together in a beauty parlour in the American South. Take tissues! **19 January to 22 July 2023; steelmagnoliasplay.co.uk**

TV

WATERLOO ROAD
School's back in session! Seven years on, the highly anticipated revival of the hit show is here. Familiar faces including Angela Griffin, Katie Griffiths and Adam Thomas return, while *Prima* cover star Kym Marsh will be joining the cast as dinner lady Nicky Walters. **BBC One**

STREAM

THE PALE BLUE EYE
Hollywood star Christian Bale leads this chilling murder-mystery film set in 1830. When an army cadet is found dead at the United States Military Academy, Detective Augustus Landor (Bale) investigates, with the help of a budding writer named Edgar Allan Poe. **Netflix, from 6 January 2023**

DANCE

HOW DID WE GET HERE?
She's achieved worldwide success as a singer, and now Melanie C adds another string to her bow with this powerful dance production, joined by renowned choreographer Jules Cunningham and award-winning dancer Harry Alexander. **19 to 29 January 2023; sadlerswells.com**

FILM

BABYLON
Margot Robbie, Brad Pitt and Tobey Maguire star in this comedy-drama charting the rise and fall of silent film stars during Hollywood's transition to sound in the 1920s. With *La La Land* director Damien Chazelle at the helm, it's bound to be epic. **In cinemas from 20 January 2023**

Words Charlotte Oliver **Photography** Neil Reading PR, Hugo Glendinning/Raw PR, Dolly BBC/Wall To Wall/Paul Husband, Scott Garfield/Netflix, Edge Entertainment, Dolly Brown, Jason Bell/About Grace PR, Alamy

HAVE YOU HEARD? Strictly's Anton Du Beke and Giovanni Pernice will

Craig Revel Horwood is set to be fab-u-lous in *Annie The Musical*

Staying in with... CHRISTOPHER DEAN

Christopher Dean loves a cosy evening by the fire

We ask the Dancing On Ice judge how he enjoys a night in...

Christopher, 64, lives in Yorkshire with his partner, Karen Barber.

My ideal night in begins with... A snowy night and a log fire, sitting around with best friends, a nice glass of red wine and a roast cooking in the oven.

I'll invite along... My partner, Karen, and some *Dancing On Ice* friends.

I'll be eating... A roast chicken with all the trimmings.

And drinking... A glass of smooth red wine.

My best-ever dinner party was... I haven't thrown it yet!

My worst dinner party was... A long, long time ago, before I ever really cooked, I invited Jayne [Torvill, Christopher's skating partner] over for dinner. I messed up the length of time needed, so we ended up eating at 11.30pm!

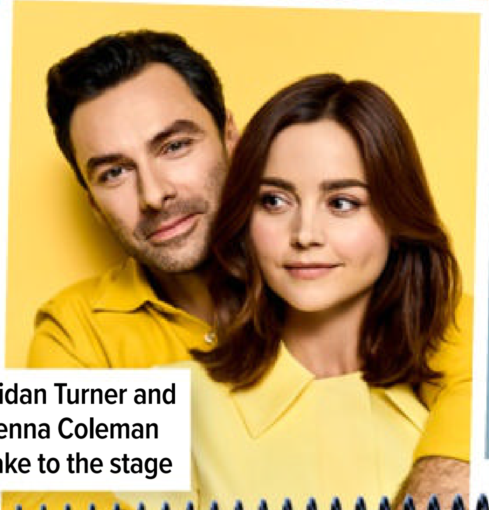
The music on my dinner-party playlist is... The Beatles and Yo-Yo Ma.

My current box set of choice is... *Succession* – we're obsessed. Brian Cox is fantastic in it.

The book on my bedside table is... *The Apollo Murders* by Chris Hadfield. It's a fascinating story about the space race during the Cold War.

My best hangover cure is... Don't drink the night before!

• *Dancing On Ice airs on ITV this January*



Aidan Turner and Jenna Coleman take to the stage

GBBO's Prue Leith serves up her very own live show

Prima planner

The must-have tickets to nab...

PRUE LEITH: NOTHING IN MODERATION *1 February to 6 April 2023; prue-leith.com* Prue Leith takes her fascinating one-woman show nationwide.

ANNIE THE MUSICAL TOUR *25 February to 25 November 2023; anniethemusicaltour.uk* The beloved musical about a little orphan girl is hitting the road, with Craig Revel Horwood reprising the role of the evil Mrs Hannigan.

THE MIND OF MORIARTY: ESCAPE ROOM EXPERIENCE *From February 2023; thegameisnow.com* Channel Sherlock Holmes as you take on Professor Moriarty in London, with clues left by cast members of the hit BBC series *Sherlock*.

LEMONS LEMONS LEMONS LEMONS LEMONS *18 January to 1 April 2023; lemonstheplay.co.uk* Head to London, Manchester or Brighton to catch Aidan Turner and Jenna Coleman in this play set in a dystopian world in which people are restricted to 140 words a day.

JOHN LEGEND LIVE *5-6 April 2023; viagogo.co.uk* Don't miss the *All Of Me* crooner live at London's Royal Albert Hall.

front a new BBC travel series, Anton And Giovanni: Adventures In Sicily

'GAME SHOWS ARE MY GUILTY pleasure'

Actor and writer Sally Lindsay, 49, shares the TV shows that have shaped her life

Sally started in theatre and stand-up, then got her first break in the BBC sitcom *The Royle Family*. She went on to work on ITV's *Coronation Street* and *Fat Friends*, Channel 4's *Phoenix Nights* and has also branched out into producing and writing. Most recently she has co-written and starred in Channel 5's *The Madame Blanc Mysteries*.

Sir Patrick Moore (right) presented *The Sky At Night*, while Humpty (left) was a regular on *Play School*

My earliest TV memory is... Learning to count by watching *Play School* in the 1970s. I also have very fond memories of *Roobarb And Custard* and *Mr Benn*. Children's TV is so important for educating young people and shaping their early views about the world. I know it kept a lot of children going during the pandemic, and yet it's still massively underfunded.

The difference between TV then and now is... When I was a child, we only had from 3.30pm to 4pm to watch children's programmes – that meant I watched everything! If we fancied switching the telly on, we could be sitting there watching anything from the BBC's astronomy show *The Sky At Night* to a Japanese drama.

The TV show that makes me cry is... *The Royle Family*. One moment you're laughing along with this dysfunctional mess of a family and the next, you're sobbing. Caroline Aherne's writing was so beautiful; it gets you right in the heart because you see that they all love each other. [Sally played Twiggy's girlfriend Michelle in an episode of the show.]

Eurythmics' Annie Lennox at the 1988 Nelson Mandela concert

The first video I got was... The Nelson Mandela 70th Birthday Tribute concert at Wembley Stadium in 1988. I watched it over and over again. Stars such as George Michael, Whitney Houston, Stevie Wonder and Eurythmics all performed.

My favourite show to binge is... *Cobra Kai* on Netflix. I love to binge that with my twin boys, Louie and Victor, who are 12. When the last series dropped, we watched three episodes a night. I love getting addicted to shows like that as a family.

TV shows from Sally's childhood (from left): *The New Avengers*, *Robin Of Sherwood* and *Victoria Wood: As Seen On TV*

The stars who inspired me... I didn't get my first job in the acting world until I was 24. I did acting classes in Manchester, but I hadn't gone to drama school, so I wasn't one of those kids who wanted to be on the stage aged four. I was from a terraced house in Manchester, so I didn't know a career in acting was possible for people like me. However, I do remember feeling inspired seeing strong, iconic female actors on screen – I loved anything Julie Walters was in, especially *Educating Rita*, and Joanna Lumley in *The New Avengers* was the most amazing thing I'd ever seen!

The best behind-the-scenes *Corrie* moment... The time I'd left a bottle of wine behind the bar for Barbara Knox [who plays Rita] as a present, and the next day she came in and took a plant out of her handbag that she'd bought for me. It was so surreal – I'd grown up with these people, and all of a sudden they're in front of me, giving me a Christmas present!

My fondest TV filming memory is... There are so many, but I'll never forget the time I was filming the Sky One comedy *Mount Pleasant* with Bobby Ball and he just couldn't get this particular line out – we were laughing so much we couldn't breathe.

The funniest TV show ever is... *Father Ted*. It still makes me laugh out loud now – it never gets old.

My biggest TV star crush was... Jason Connery in *Robin Of Sherwood*, a show based on the legend of Robin Hood. Before him, the lead used to be played by Michael Praed who everybody fancied, but I wasn't too bothered by him. Then he left to join *Dynasty* and Jason Connery came in. I was 12 or 13 and I remember thinking he was the most beautiful thing that had ever happened. He follows me on Facebook now and I can't handle it. I'd die if I met him!

Barbara Knox as *Coronation Street*'s Rita

The TV show I watch with my family... Growing up, I used to watch *Victoria Wood: As Seen On TV* with my mum, and we'd be crying with laughter. More recently, I got Mum into *The League Of Gentlemen*. It's a surreal mix of horror and comedy, and once she got the concept, she found it hysterical. I love talking to her about it. I love that TV has that power to bring people together.

My guilty viewing pleasure is... Game shows. I'm not generally into reality TV, but I do enjoy watching and being on game shows. I've won celebrity specials of *Mastermind* and *Tipping Point*, presented *Pointless*, which was great fun, and have recently been on *Catchphrase*. I'm quite competitive, so I play to win!

- *The second series of The Madame Blanc Mysteries airs on Channel 5 soon*

Sally in *The Madame Blanc Mysteries*

Words Ella Dove **Photography** Getty, Alamy, Rex Shutterstock, BBC Archive, Jay Brooks, Fanny Anselme & Mark Johnson/ViacomCBS/Channel 5

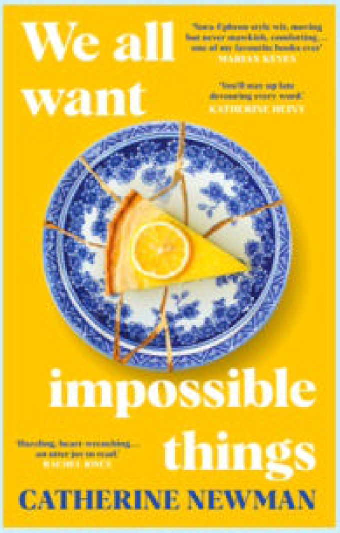
Get into the GOOD BOOKS

Prima's books editor **Nina Pottell** highlights this month's best new reads

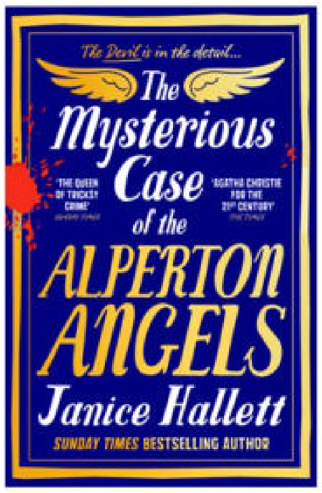
Follow Nina on Twitter @matineegirl for news and giveaways

My book of the month

We All Want Impossible Things

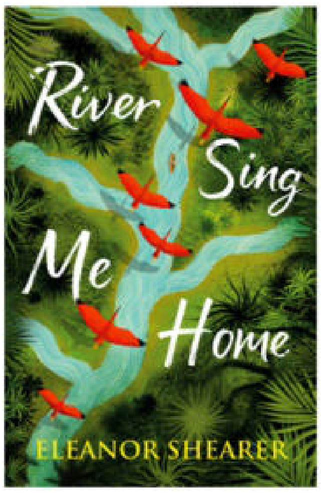

We all want
impossible things
CATHERINE NEWMAN

by Catherine Newman *(Doubleday, £14.99)* This is a novel I won't forget. Beautiful and emotional, it tells the story of best friends Edi and Ash and how their lives are changed when Edi is diagnosed with terminal ovarian cancer. After 40 years of friendship, Ash wants to do right by Edi with the time she has left. At times this is heartbreakingly sad, but also full of humour and ultimately about living and love. I will recommend this to everyone. **12 January**


The Devil is in the detail...
The Mysterious Case of the
ALPERTON ANGELS
Janice Hallett
SUNDAY TIMES BESTSELLING AUTHOR

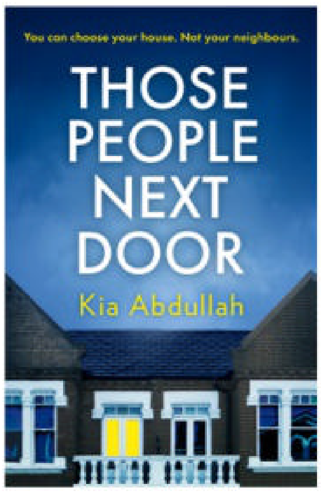
The Mysterious Case Of The Alperton Angels

by Janice Hallett *(Viper, £16.99)* The author has garnered many fans since her debut book *The Appeal* in 2021 and this will delight them. It's written in the form of emails, texts and letters, which carried the story wonderfully. Featuring two true crime writers battling it out to get the best scoop, a cult, and mysteries galore, this had me obsessed. **19 January**


River Sing Me Home
ELEANOR SHEARER

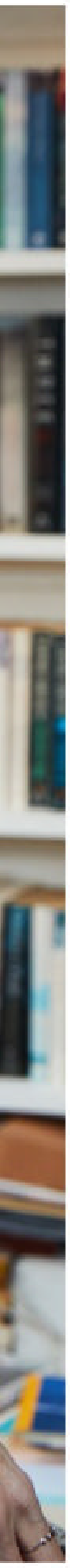
River Sing Me Home

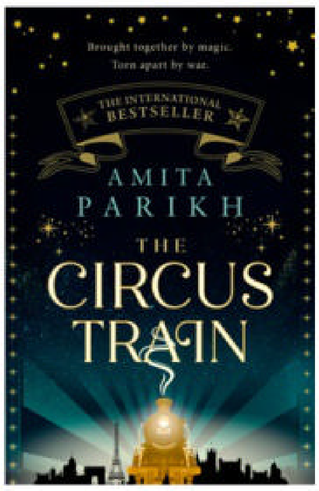
by Eleanor Shearer *(Headline Review, £16.99)* Such a glorious and compelling story that I hope finds many readers. It's inspired by a Windrush Foundation exhibition and stories the author's female relatives told her. Set in 1834, it follows Rachel after emancipation as she goes in search of her five children, who were sold to other plantations. Her determination to be reunited with them is the novel's driving force. **19 January**


You can choose your house. Not your neighbours.
THOSE PEOPLE NEXT DOOR
Kia Abdullah

Those People Next Door

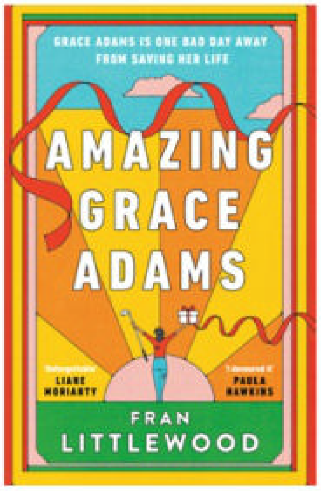
by Kia Abdullah *(HQ, £14.99)* Salma and her husband move to a new home in the hope of a fresh start and a better environment for their son, Zain. As it's a more affluent area, they hope for nice neighbours, but things escalate when neighbour Tom is seen ripping out an anti-racist banner from their garden. This powerful social drama about racism and microaggression in today's society is a must-read. **19 January**





The Circus Train by

Amita Parikh *(Sphere, £16.99)* Lucinda Riley fans will love this heartwarming novel, which opens in 1938 with Europe on the cusp of war. Living in the travelling circus World of Wonders, Lena yearns to be a doctor but feels limited by her wheelchair – until Alexandre boards the train. A story full of hope and bravery. **12 January**



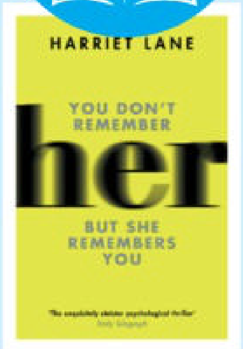
Amazing Grace Adams by

Fran Littlewood *(Michael Joseph, £14.99)* As an HRT-taking 50-year-old, this was right up my street. So much more than a hormonal woman having 'one of those days', it explores parenting, relationships and rediscovering who you really are. Set over one day, this read is full of depth and honesty. **19 January**

In The Blink Of An Eye

by Jo Callaghan *(Simon & Schuster, £14.99)* When DCS Kat Frank is tasked with working alongside AIDE (Artificially Intelligent Detective Entity) as part of a trial pilot system aimed to help the police, she isn't keen; but a strange companionship grows between the two and they work together to make discoveries on two cold cases. This was so good and such a different take on a police procedural novel. I'm pleased to hear that there will be another book featuring the pair. **19 January**

From my bookshelf

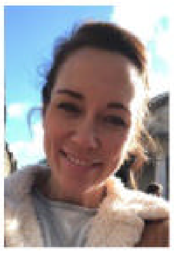


Her

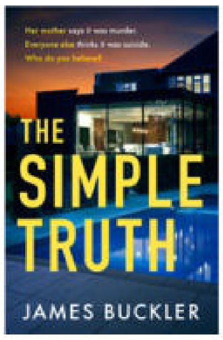
by Harriet Lane *(W&N, £8.99)* Such a superb thriller; the tension channels Patricia Highsmith vibes. Two old schoolfriends randomly meet after 20 years, yet Emma doesn't recognise Nina. But what does Nina really want?

- ***Tell us your favourite book and why, and we'll feature it in the magazine! Write to us at prima@hearst.co.uk, marking your email From My Bookshelf***

PRIMA WINNER



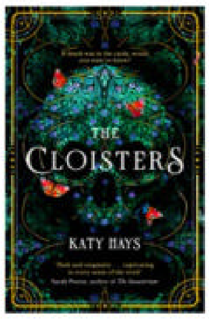
Last September, we hosted Rooftop Book Club where more than 100 of our lovely readers came to hear me in conversation with four top crime authors. Becky Eighteen from Leigh-on-Sea won the chance to write a review for a newly released thriller book and she chose:



The Simple Truth by James

Buckler *(Bantam Press, £14.99)* Becky writes: 'This novel is immersive from the start, when we learn that a climate scientist has taken her own life. The story follows the journey of junior lawyer Lewis, whose initially menial task of meeting her family to sign some papers turns into a hunt across London for the truth. Full of interesting twists and turns, this is a fast-paced thriller in which no one can be trusted.' **5 January**

3 of the BEST NEW YEAR DEBUTS



The Cloisters

by Katy Hays

(Bantam, £14.99)

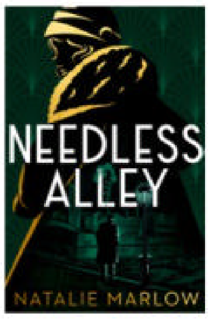
Inspired by the author's trip to The Met Cloisters museum, this follows Ann Stilwell, who finds herself working at the museum over summer. There, she finds a lost deck of 15th-century tarot cards. Where will this discovery lead her? **19 January**

The Witches Of Vardo

by Anya Bergman

(Manilla Press, £14.99)

Based on a true story, this is set in Norway in 1662, at a fortress in Vardo where women are held captive, accused of witchcraft. Blending historical fiction and magical realism, the story follows the lives of two prisoners. **5 January**



Needless Alley

by Natalie Marlow

(Baskerville Press, £14.99)

Set in Birmingham in 1933, this follows William Garrett, a private investigator specialising in catching adulterous women. When he falls in love with Clara, he becomes embroiled in a dark and dangerous society. **19 January**

Portrait of Nina Matt Monfredi **Reader Review** Becky Eighteen

READER SHORT STORY

DOG DAYS

Sometimes you just have to open your eyes to the inspiration around you

‘Backwards queen in flower,’ Tara expostulated. She was unusually frustrated by 3 Down in today’s £50 Prize Crossword.

‘“Backwards queen”. What, like NEEUQ?’ she scribbled. No, too short. And what about the flower?

Irritatingly, her phone rang.

‘Morning, Dora! I’ll be right with you.’ Having spent more than her allotted time on this brain stimulation, she now had to repot a plant for Dora, shop for Mrs Hainsworth and help Dan sort out box upon box of old photographs. To explain: Tara had left her regular employment some six months earlier and was trying to fill the financial void by odd-jobbing in her local area.

Buddy picked up his lead in his mouth and dropped it at Tara’s feet. ‘Not now, Buddy. Can’t be late for Dora. Back soon.’ She bent down to stroke the dog’s soft muzzle.

Buddy had belonged to Tara’s mum, Ellen, but Tara had inherited him two months ago when her mother had sadly died. There was a definite bond between the pair. It felt as though her mum was communicating with her via Buddy. A channelling of spirits, Tara called it. She’d heard about it in a podcast and the thought comforted her.

Practically, though, Tara was finding it hard to make ends meet, what with the bills, a canine mouth to feed and the loss of her job. She had even tried her hand at writing short stories, but could never think of anything about which to write. And now even a crossword had stumped her!

Dora was awaiting her arrival with a spare pair of gardening gloves, a substantial terracotta pot and a bag of compost – peat-free and multipurpose.

‘Thanks for coming, Tara. Back’s been playing me up again. Did I tell you the story of ’ow it ’appened?’ Dora chatted on as Tara repotted the plant. ‘...But by that time the damage had already been done,’ concluded poor Dora, ‘and I’ve been a martyr to me back ever since.’

Tara found it difficult to believe the bit about the dingos, but the ski-lift part was feasible, she supposed. The repotted plant stood resplendent in its pristine pot.

Now for Mrs Hainsworth’s shopping. Mrs Hainsworth was a friendly, well-spoken lady with a penchant for gossip. The shopping itself Tara completed in half an hour, but the gathering of such delectable snippets as ‘Big Arthur from down the road losing his toupee on a day trip to the Mumbles’ and ‘Mrs P’s secret liaison with “almost royalty”’ – well, they took far longer, and it was lunchtime before Tara knew it.

Buddy was at home, waiting for her, and greeted her enthusiastically. She put down the bowl of beefy something for his lunch, refreshed his water and grabbed a quick

COMPETITION RULES: Prize is £100. Entry to the competition and acceptance of the prize constitutes permission to use the winner’s name for promotional purposes and for publishing in *Prima* without additional consultation. Entries may be edited for publication. This competition is not open to employees of Hearst UK or their direct relatives. The most deserving entry, in *Prima*’s sole opinion, will be chosen as the winner. Only the winner will be contacted personally. The prize is as stated, although Hearst UK reserves the right to change the prize in the event of unforeseen circumstances. If it is in Hearst UK’s opinion that no entries are deemed of a publishable

WIN
£100

sandwich for herself. 'Okay, Buddy. Just Dan and his photos to sort now. Then we'll have quality time together, I promise.'

Dan was in his front room, surrounded by boxes of faces and countless distant memories. At 89, he had difficulty remembering many of them, but his delight in Tara's help was obvious and Tara, for her part, gleaned a compelling insight into a time gone by. Families, men in uniform, children on beaches with buckets and spades... What were their stories, she wondered?

Then she came across a photo of an adorable black puppy, all ears and paws. 'My Sally!' There was no hesitation in Dan's voice now; no furrowing of eyebrows or long pauses. 'My dear old Sal. Reckon she was reincarnated into this one outside!' Tara looked through the French window to the garden beyond and watched the antics of a black Labrador chasing around out there.

'Same daft personality, same looks, same friendship. Don't know where I'd be without Poppy.' Tara thought of Buddy. She understood exactly where the old man was coming from. As they repacked the photos, ready for Tara's next visit, an idea was emerging: the friends she had helped today might, inadvertently, have helped Tara in return. Nothing to write about? Of course she had! She had a plethora of ideas now. Toupees in Mumbles, skirmishes with ski lifts (she'd leave out the dingos) and, to top it all, reincarnation. Life is full of stories; you just need the desire to capture them.

After her goodbyes to Dan, with the promise of a return visit the following week, Tara hurried back home and unlocked her front door. Buddy greeted her with his lead once again – and this time, Tara slipped it on him.

'Good boy, Buddy. Things are looking up. We are now about to embark on a new literary career...' She stopped abruptly, remembering her crossword.

'"*Backwards queen in flower*". Reincarnation! Of course! "Queen" is ER, backwards it reads 're', and it's in flower, so "in carnation..."

'You and me, Buddy, we have a new journey ahead of us. But let's just start at the park.' And Tara was sure Buddy gave her the cheekiest of winks before they set off with gusto!

Illustration Emma Block

DO YOU HAVE A WAY WITH WORDS? This month's winning author is Alison Moore, who wins £100! She says: 'I was inspired by my son and the help he's given to others. I combined that with my love of crosswords!' For your chance to win, email your entry of 800 words maximum to: yourwinningstory@hearst.co.uk or post to: Your Winning Story, *Prima* Features, House of Hearst, 30 Panton Street, London SW1Y 4AJ, including your name, address, phone number and a good-quality photograph. Please note that, unfortunately, *Prima* cannot return any photographs or stories.

standard, Hearst UK reserves the right not to award any prize. Hearst UK does not accept any responsibility for lost entries. Proof of sending is not proof of receipt. Hearst UK's decision is final in every situation, including any not covered above, and no correspondence will be entered into. Entrants will be deemed to have accepted these rules and agreed to be bound by them. Hearst UK shall be permitted to exclude any entrant at any time at its sole discretion. By entering the competition, you agree that the copyright and all other rights in respect of the entry shall be assigned to Hearst UK.

prima Puzzles

FIVE pages of fun – with cash prizes to win!

CROSSWORD

Solve the crossword by working out the answers to the clues. When completed correctly, the shaded squares, reading top to bottom, left to right, will spell out your prize answer.

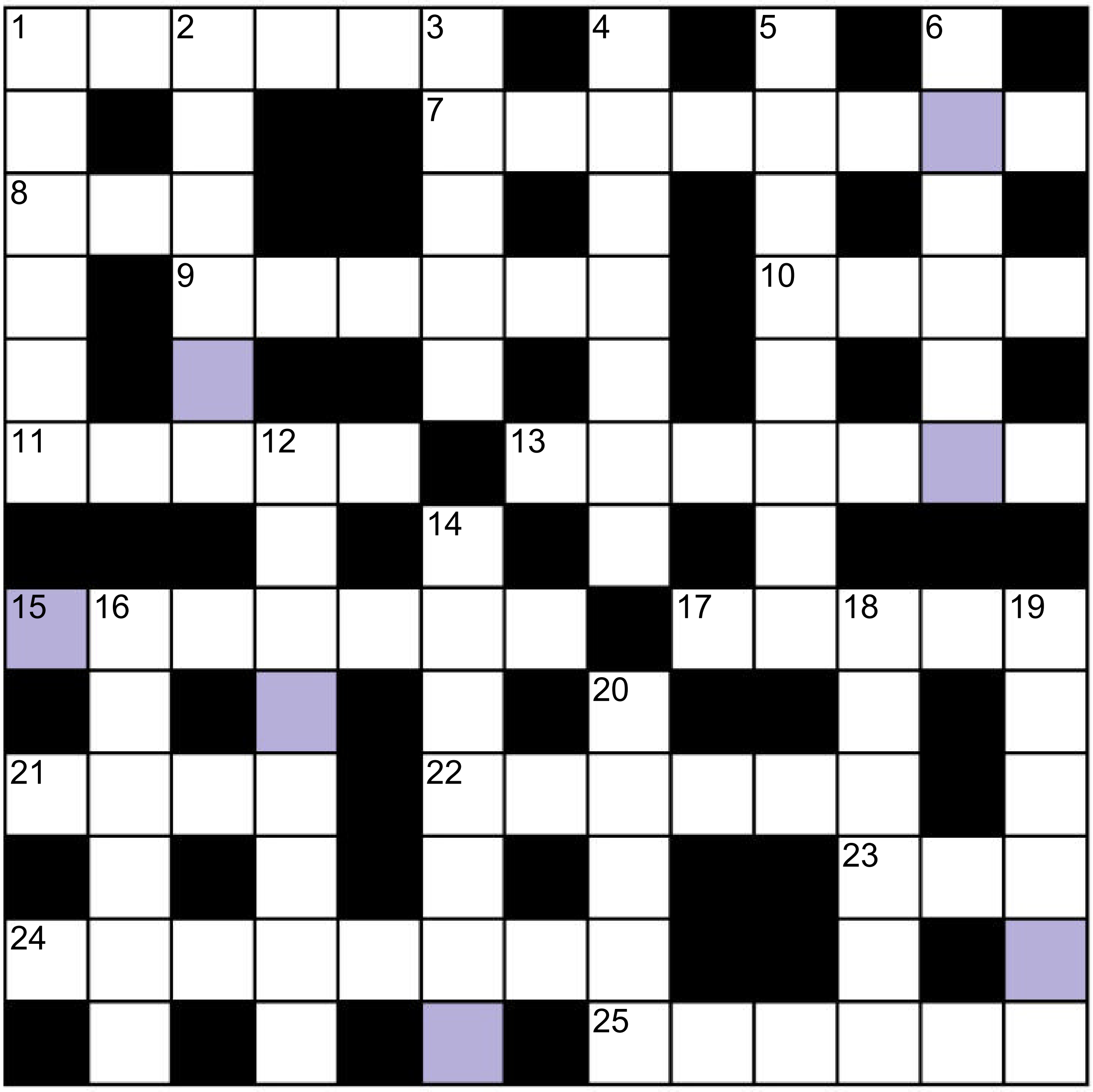
WIN £50

ACROSS

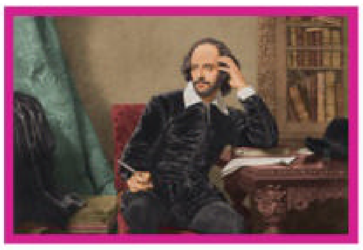
1 Famous play by Shakespeare (6)
7 Assembled spectators at a public event (8)
8 Division of a play (3)
9 Desire or craving (6)
10 Pets (anag) (4)
11 ___ longlegs: crane fly (5)
13 Tidal wave (7)
15 Continue (7)
17 ___ DeGeneres: US talk show host (5)
21 A brief piece of film (4)
22 Meaning; purpose (6)
23 Item of neckwear often worn with a suit (3)
24 Viewpoint about something (8)
25 Creature such as a rat or mouse (6)

DOWN

1 Became healthy again (of an injury) (6)
2 Way of doing something (6)
3 A ballroom dance (5)
4 Speech; where you live (7)
5 Individual; private (8)
6 Howl (6)
12 Leonardo ___: Hollywood actor (8)
14 Earnest (7)
16 Recount (6)
18 Small (6)
19 Most pleasant (6)
20 Fish-eating mammal (5)



1		2			3	■	4	■	5	■	6	■
	■		■	■	7						▨	
8			■	■		■		■		■		■
	■	9						■	10			
	■	▨	■	■		■		■		■		■
11			12		■	13					▨	
■	■	■		■	14	■		■		■	■	■
15 ▨	16						■	17		18		19
■		■	▨	■		■	20	■	■		■	
21				■	22						■	
■		■		■		■		■	■	23		
24								■	■		■	▨
■		■		■	▨	■	25					



1 ACROSS

13 ACROSS

12 DOWN

Enter online at prima.co.uk/primapuzzles

Solve the crossword in the usual way. When completed correctly, the shaded squares, reading top to bottom, left to right, will spell out your prize answer (Instrument for finding directions, 7). You can **enter for FREE online** to be in with a chance to **win the £50 prize**. It couldn't be easier: simply go to prima.co.uk/primapuzzles. Alternatively, you can call our hotline. See page 152 for the phone numbers and all the HOW TO ENTER details.

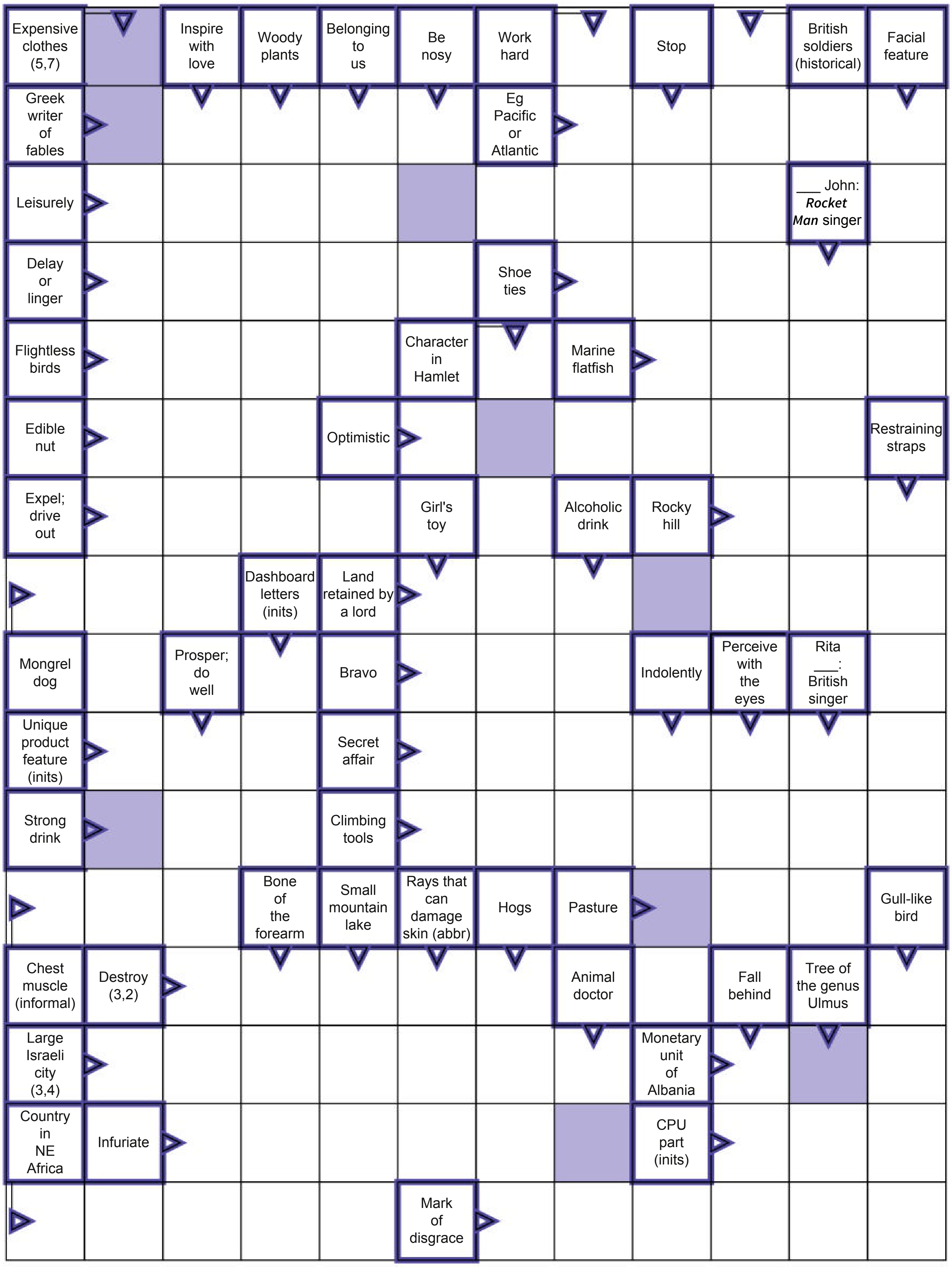
Enter online at prima.co.uk/primapuzzles

ARROW-WORD

Put your feet up and win £50 at the same time!

WIN £50

Fill in the grid according to the arrows. When done, the shaded squares will reveal the answer to the following question: **Which American novelist wrote a Pulitzer Prize-winning bestseller featuring the Finch family?** (6,3)



Expensive clothes (5,7)	▨ ▽	Inspire with love ▽	Woody plants ▽	Belonging to us ▽	Be nosy ▽	Work hard	▽	Stop ▽	▽	British soldiers (historical)	Facial feature ▽
Greek writer of fables ▷	▨					Eg Pacific or Atlantic ▷					
Leisurely ▷					▨					___ John: *Rocket Man* singer ▽	
Delay or linger ▷						Shoe ties ▷					
Flightless birds ▷					Character in Hamlet	▽	Marine flatfish ▷				
Edible nut ▷				Optimistic ▷		▨					Restraining straps ▽
Expel; drive out ▷					Girl's toy ▽		Alcoholic drink ▽	Rocky hill ▷			
▷			Dashboard letters (inits) ▽	Land retained by a lord ▷				▨			
Mongrel dog		Prosper; do well ▽		Bravo ▷				Indolently ▽	Perceive with the eyes ▽	Rita ___: British singer ▽	
Unique product feature (inits) ▷				Secret affair ▷							
Strong drink ▷	▨			Climbing tools ▷							
▷			Bone of the forearm ▽	Small mountain lake ▽	Rays that can damage skin (abbr) ▽	Hogs ▽	Pasture ▷	▨			Gull-like bird ▽
Chest muscle (informal)	Destroy (3,2) ▷						Animal doctor ▽		Fall behind ▽	Tree of the genus Ulmus ▽	
Large Israeli city (3,4) ▷								Monetary unit of Albania ▷		▨	
Country in NE Africa	Infuriate ▷						▨	CPU part (inits) ▷			
▷					Mark of disgrace ▷						

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Just for FUN

WORD SEARCH

E	N	I	R	T	I	C	V	E	D	A	S	G	B	J	L	R	S
H	O	W	L	I	T	E	F	G	U	C	M	E	A	L	A	Y	T
S	C	S	G	A	G	C	Y	L	A	I	N	E	A	E	R	D	T
P	E	T	I	R	Y	P	A	X	U	O	I	R	T	L	A	A	O
I	R	O	R	N	S	A	J	L	T	O	A	R	N	H	P	P	P
N	L	U	A	U	T	H	T	S	C	Q	R	O	S	T	Y	O	A
E	O	E	M	N	U	C	N	E	F	I	A	I	Y	V	N	S	Z
L	V	C	A	P	M	U	A	T	O	A	T	S	T	Y	T	R	T
Z	U	P	M	S	S	G	P	Q	T	Y	E	E	X	E	D	V	K
W	Z	T	R	A	U	Q	Y	K	O	M	S	V	Z	E	W	L	E
E	A	R	R	I	U	Z	S	A	P	P	H	I	R	E	Y	E	S
T	M	B	R	A	Q	E	R	U	B	Y	O	P	A	L	V	G	T
I	W	Q	O	T	I	J	M	N	L	N	I	B	R	T	R	R	R
N	C	J	S	O	G	T	U	A	E	W	R	A	F	U	O	A	G
A	U	A	E	D	K	W	D	R	D	P	S	R	A	L	N	N	A
Z	U	D	Q	I	L	F	N	L	D	I	T	R	S	A	W	D	U
N	U	E	U	R	U	U	U	L	A	I	O	U	I	S	T	I	V
A	M	P	A	E	N	G	R	T	P	R	A	L	N	Q	E	T	I
T	J	I	R	P	L	R	O	Q	E	X	E	M	I	I	A	E	J
T	R	L	T	G	T	U	C	E	N	N	T	M	O	T	T	Z	A
R	S	Z	Z	R	A	Y	A	E	R	O	I	X	E	N	E	E	Y
D	H	T	N	I	C	A	J	A	U	S	E	S	F	O	D	P	H
U	C	T	L	K	G	W	C	V	E	T	A	G	A	S	I	R	I
S	G	S	C	I	N	N	A	B	A	R	J	A	S	P	E	R	U

Look for the words below, which are the names of **gemstones**, in the grid. All are hidden except one – can you find it?

AMETHYST
CALCITE
CARNELIAN
CINNABAR
CITRINE
CORUNDUM
DIAMOND
EMERALD
FLUORITE
GYPSUM
HOWLITE
IOLITE
IRIS AGATE
JACINTH
JADE
JASPER
LEGRANDITE
NEPTUNITE
ONYX
OPAL
PERIDOT
PYRITE
ROSE QUARTZ
RUBY
SAPPHIRE
SMOKY QUARTZ
SPINEL
SUNSTONE
TANZANITE
TOPAZ
ZIRCON

LAST MONTH'S JUST FOR FUN SOLUTIONS

SUDOKU

6	7	1	5	3	2	8	4	9
4	3	5	8	1	9	6	7	2
2	9	8	7	6	4	5	3	1
1	8	9	2	4	6	7	5	3
5	6	2	3	8	7	9	1	4
7	4	3	1	9	5	2	6	8
9	2	4	6	7	1	3	8	5
3	1	7	9	5	8	4	2	6
8	5	6	4	2	3	1	9	7

EASY PEASY

1	9	6	8	4	2	3	5	7
3	5	2	7	6	1	4	9	8
7	8	4	5	3	9	1	6	2
9	6	5	1	8	7	2	3	4
8	2	3	9	5	4	6	7	1
4	7	1	3	2	6	5	8	9
6	3	7	2	1	8	9	4	5
2	4	9	6	7	5	8	1	3
5	1	8	4	9	3	7	2	6

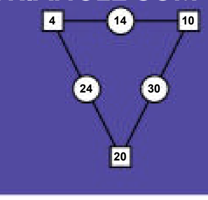
TOUGH STUFF

WORD SEARCH THE GRINCH

WORD PYRAMID

EAT
TEAR
REACT
CRATER
RETRACE
RECREATE
RACKETEER

TRIANGLE SUM



OCTOBER 2022 PRIZE SOLUTIONS

CROSSWORD Diamond
ARROW-WORD Roger Moore
CODEWORD Swimming

✻ Solutions to this month's prize-winning puzzles will be in the June 2023 issue.

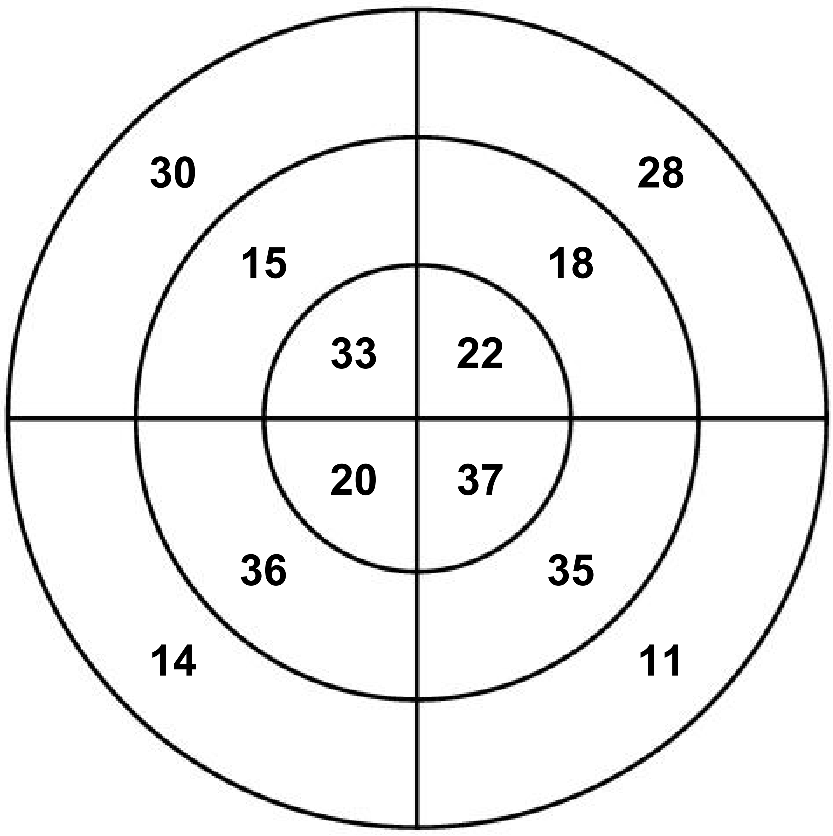
December answers will be in our April issue and Christmas & New Year answers will be in our May issue.

Enter online at prima.co.uk/primapuzzles

Just for FUN

NUMBER DARTS

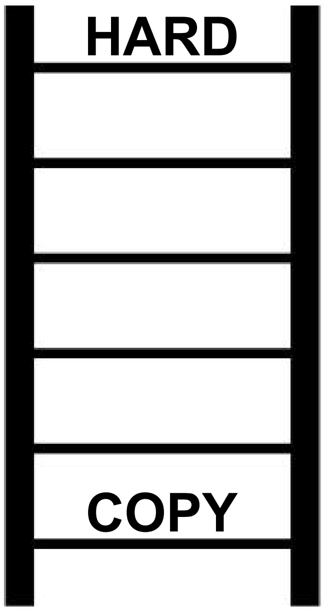
Select one number from each of the three rings on the board that add up to the first target number, 102. Then repeat to find the second and third target numbers.



TARGETS

102
48
52

Just for FUN



WORD LADDER

Move from the word at the top of the ladder to the word at the bottom by changing one letter on each step. Do not rearrange the letters.

Just for FUN

SUDOKU

Place the numbers from 1 to 9 in each empty cell so that each row, column and 3x3 block contains all the numbers from 1 to 9. ➜

7		8	6	5	2	3		1
5								
	4	2	9		7	6	8	5
4	2	1	5		3	7		9
3								4
9		5	7		4	2	3	8
6	5	4	3		9	8	1	
								6
2		9	8	6	5	4		3

EASY PEASY

	4	1		3	2			
3				7	5			
6			1			4		5
		8	7	2	1		6	
1	7						8	3
	6		8	5	3	7		
7		6			9			4
			5	4				8
			2	1		3	5	

TOUGH STUFF

Enter online at prima.co.uk/primapuzzles

CODEWORD

WIN £50

For £50, see if Oprah Winfrey can help you work out the number code for each letter of the alphabet. We've placed the O, now you do the same with the Ps and Rs, and also the As and Hs, and on you go. When you're done, use your key grid to find out the prize word. **Enter for FREE online** at prima.co.uk/primapuzzles to be in with a chance to **win the £50 prize**. Alternatively, you can call our hotline. For all the details on HOW TO ENTER, see below.

A
B
C
D
E
F
G
H
I
J
K
L
M
N
~~O~~
P
Q
R
S
T
U
V
W
X
Y
Z

20	6	22	25	15	12	4	18	14	■	6	■	26
1 O	■	4	■	■	■	10	■	7	4	12	24	1 O
14	16	6	15	2	■	22	■	7	■	23	■	3
26	■	12	■	1 O	9	14	3	8	■	14	22	25
26	4	23	14	8	■	■	14	■	■	3	■	14
15	■	14	■	8	20	4	9	14	12	21	14	3
20	1 O	3	21	15	■	■	■	25	■	4	■	22
15	■	■	■	7	22	6	14	7	14	3	3	17
14	■	20	5	15				4	■	25	■	■
12	■	1 O	■	22				3	14	14	9	14
18	14	25	2	15				3	■	12	■	12
■	■	25	■	18				4	26	18	■	20
20	3	15	18	15	16	6	14	8	■	■	■	5
4	■	18	■	14	■	■	■	8	18	1 O	25	4
2	1 O	18	4	8	8	15	6	25	■	7	■	12
8	■	14	■	■	14	■	■	14	10	14	3	18
15	20	14	■	4	20	1 O	3	12	■	22	■	25
13	■	25	■	2	■	12	■	18	19	15	12	14
14	3	4	8	14	■	22	■	■	■	8	■	12
23	■	12	■	8	11	17	3	1 O	20	11	14	18

1	2	3	4	5	6	7	8	9	10	11	12	13
O	P	R	A	H								

14	15	16	17	18	19	20	21	22	23	24	25	26

YOUR KEY GRID

8	20	1	3	2	15	1	12

Enter online at prima.co.uk/primapuzzles

HOW TO ENTER ONLINE Save money by entering online at **prima.co.uk/primapuzzles**. Once you have registered, please select the February issue cover, then submit the answer(s) of the puzzle(s) you want to enter. **PHONE** 0906 470 1007* for the Crossword, 0906 470 1009* for the Arrow-word, 0906 470 1008* for the Codeword, leaving your name and address. *All calls cost 65p per minute plus your telephone company's network access charge, and should last no longer than two minutes. You must be 18 or over and have the bill payer's permission. **The closing date for phone entries is midnight 24 February 2023. Only one entry per person. If you call to enter after the closing date, you will not be entered but you will be charged.** Entries will be drawn at random. The competition is open to UK residents only and usual rules apply (see above right). Service provider: Spoke, 0333 202 3390.

GENERAL COMPETITION TERMS AND CONDITIONS Open to UK residents aged 18 and over. To enter, see details of how to enter on each competition page. Entries in the incorrect format will not be considered. Answers received after the closing date will not be considered. The winner will be randomly selected from the entries received, unless otherwise stated on the relevant competition page. Entrants will be deemed to have accepted these Terms and any additional Terms provided alongside the relevant competition and to have agreed to be bound by them. The competition is not open to any employees of Hearst Magazines, the promoter or their immediate families, the promoter's advertising agency and sales promotion consultancy, or anyone else connected with the creation and administration of the competition. Only one competition entry, fulfilling the eligibility requirements above, will be accepted per person. Once selected, only the winner(s) will be contacted personally using the contact details provided upon entry. The dates specified for any prize cannot be altered and Hearst Magazines UK or the third party are not liable in any way to any winner who cannot attend. Winners will be notified on the day that the winner is selected unless otherwise stated on the relevant competition page. Winners will have five (5) working days to respond in full or another winner will be selected. Hearst Magazines' decision is final in every situation, including any not covered above, and no correspondence will be entered into in respect of the validity of any such decision. Hearst Magazines shall be permitted to exclude or disqualify any entrant at any time at its sole discretion. Hearst Magazines reserves the right to exclude late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst Magazines does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt. The name of the winner(s) will be available by sending a stamped addressed envelope to Hearst Magazines UK, House of Hearst, 30 Panton Street, London SW1Y 4AJ, indicating the name of the competition. Entry to the competition and acceptance of the prize constitutes permission to use any entrant's name, image and any competition entry photograph for promotional and/or editorial purposes in any format in print and non-print media without additional consultation. No purchase is necessary. Once entered, entries cannot be returned/withdrawn. Spammers will be disqualified. Prizes must be taken as stated and cannot be deferred although Hearst Magazines reserves the right to change the prize in the event of unforeseen circumstances. There will be no cash alternative. We will use the personal information you provide to process your competition entry. By entering the competition, you agree to the terms of the Hearst Privacy Notice, which can be found at hearst.co.uk/privacy-notice. In addition, Hearst Magazines may pass your personal information to the promoters of the competition (where it is not Hearst Magazines) and their data processors. However, we always demand that any such parties adhere to the same security procedures that we follow. Hearst Magazines reserves the right to (i) cancel and/or withdraw a competition and/or (ii) amend these Terms, at any time without notice. Where Hearst Magazines runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes then Hearst Magazines shall not be responsible for or have any liability for the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst Magazines be liable, whether in contract, tort (including negligence), breach of statutory duty or otherwise, for any loss, damage or injury arising under or in connection with a competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English courts in relation to all matters arising under or in connection with these Terms. Data protection: please refer to our privacy policy at hearst.co.uk/privacy-notice. Service provider: Spoke, 0333 202 3390.

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Photography Getty

Your Stars

FOR FEBRUARY

with Yasmin Boland

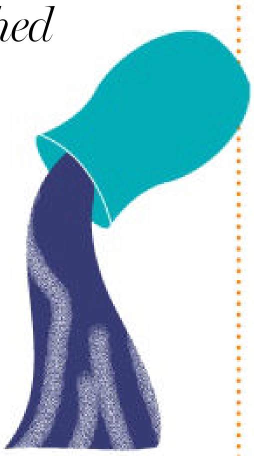
THE MOON & YOU
Recent areas of growth have paved the way for new responsibility. The Pisces New Moon on 20 February at 7.05am gives you the chance to see a situation from a fresh perspective. Wish for something you're willing to work for.

STAR OF THE MONTH

AQUARIUS

21 January to 19 February

The past few years have tested your limits. If you have felt under duress, the good news is that cycle is nearly over. This month marks a watershed moment for a very important relationship, with the opportunity to reach new levels of closeness.



PISCES

20 February to 20 March

February brings the New Moon in your sign, which heralds the annual opportunity to start over in every part of your life. Soon, the energies in your horoscope will change – what you sow now is what you will reap later! Use this month to get all your ducks in a row.

ARIES

21 March to 20 April

This month could bring you a spiritual awakening of sorts. You have a New Moon in your Spirituality Zone, so it'll be easier to get in touch with your intuition – both personally and professionally. Not sure how? Meditation, chanting and yoga are ways to get fast cosmic results.

TAURUS

21 April to 21 May

It's your turn to make a wish – do it on 20 February when your lucky wishing New Moon of the year occurs. It's a time when dreams can come true, and signals the start of a new and happier social life for you. Perhaps most importantly, though, a fear can be healed. Work on yourself and make it so.

GEMINI

22 May to 22 June

The key to your career success in 2023 is to inspire or be inspired. In other words, you either need to do something that you find inspiring, or that inspires others. You have a professional restart this month, so heed this celestial suggestion and make the most of it!

CANCER

23 June to 23 July

You're a sign that famously loves to be at home. However, while your post-pandemic desire to travel might have taken a nosedive, you have great stars for getting away right now. Anything that allows you to get some perspective is highly recommended.

LEO

24 July to 23 August

I wish I could promise you that life is going to get easier this month, but that would be premature. You still have a little more grafting to do before you get a well-earned reprieve. Just know that as you plod through, better times are coming – and soon!

VIRGO

24 August to 23 September

This month brings the New Moon in your Relationships Zone. Not to put too fine a point on it, you need to do whatever it takes to shore up those closest to you. Before too long, Saturn will be in your Relationships Zone, which means those connections might become a lot more demanding.

LIBRA

24 September to 23 October

It might feel a little late, but February is the perfect time to get organised so that 2023 pans out the way you want it to. It's all about getting your routines in order: balance your duties and responsibilities with what you need to stay in a relatively peaceful state of mind. Focus on your mental and physical health.

SCORPIO

24 October to 22 November

You are nearing the end of a seriously challenging time in terms of your home and family situation. If you've been through the mill in your private life these past few years, rather than feeling resentful, feel grateful for all the lessons you've learned. They'll make what's to come much healthier and happier.

SAGITTARIUS

23 November to 21 December

Now is very much the time to get your domestic life into shape. So, clear out any mess you have in your house – that means the rubbish in your garage and the kitchen drawer of shame! What you do now will truly make the next two years at home much easier.

CAPRICORN

22 December to 20 January

To make the most of this month's energies, start changing the way you think about yourself. It's time to work on your self-esteem: believe in your worth. It's also about embodying what you have to offer the world. The knock-on effect will be that you supercharge this month's Full Moon across your Money Zone.

- *For your extended month forecast, visit yasminboland.com*

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Over to YOU!

Email us at **prima@hearst.co.uk** with your letters – plus photos of your crafts, pets or anything that makes you smile

Celebrity special
Loving Barbara

Your story *Loving Barbara* (December) about Scott Mitchell's pain of losing his wife Barbara Windsor to Alzheimer's brought back so many memories of my dear mum, Ruth, who passed away two years ago. Christmas is always a bittersweet time, when we remember loved ones who are no longer with us, but I believe publishing this piece will have brought comfort to many, as it reminds us all to celebrate their lives and focus on the positive impact they've made to our own. **Karen Taylor**

£50 star letter

Your poems

SNOWDROP

Snuggled in
among the leaves
Nestled in the grass
Out of cold damp soil emerge
Winter's little stars.
Dullest days are lit by this
Reminder of the spring
Overcoming winter blues
Precious little thing.
Julie Smith

Money matters

SAVE our banks!

Local banks can help old and young alike

Thank you for your timely article *Save Our Banks!* (November). I use card and cash, and while card usage was accelerated by Covid, I welcome Age UK's campaign to stop bank closures. Cash is essential not only for those who rely on it, but for teaching young people to budget. **Carol Bradley**

GOOD TO MEET YOU

Readers share what's important in their lives.

Lynn loves helping her local community

Lynn Smart from Glenrothes, Scotland, manages her local food bank for The Trussell Trust charity.

'With more people using food banks, it's my job to make sure we have enough food to support those in need. I started volunteering during the pandemic, and found I loved helping out. I am now employed full-time by the Trust. I make links in the community to ensure we get donations; even a tin of soup can help. We give out parcels containing nutritionally balanced food to last at least three days to people in crisis. I enjoy meeting new people every day and love being able to help.'

trusselltrust.org/make-a-donation

Email us at prima@hearst.co.uk to share what's important to you.

Recipe for success!

After writing to *Prima* to ask about a chutney recipe from a 1980s issue, I was thrilled when your helpful team sent me a copy! I've been an avid reader for years – my family tease me that I have a degree from the University of *Prima*! **Christine Campbell**

Christine's tomato chutney

Dog days

This is my little Westie, Scamp, enjoying the last of autumn's sunny rays on the beach – his favourite place to be! Don't animals give us such joy? **Suzanne Henderson**

Scamp loves to be beside the seaside

Look what we've been making!

I wanted to let you know that I finally finished the Four Seasons tapestries from your January 1987 magazine! After having a family and looking after elderly parents, I've finally found some time to work on them. My next job is to get them framed... **Susan Westcott**

Susan's pretty tapestries were worth the wait!

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Compiled by Bryony Gooch

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This month's essentials

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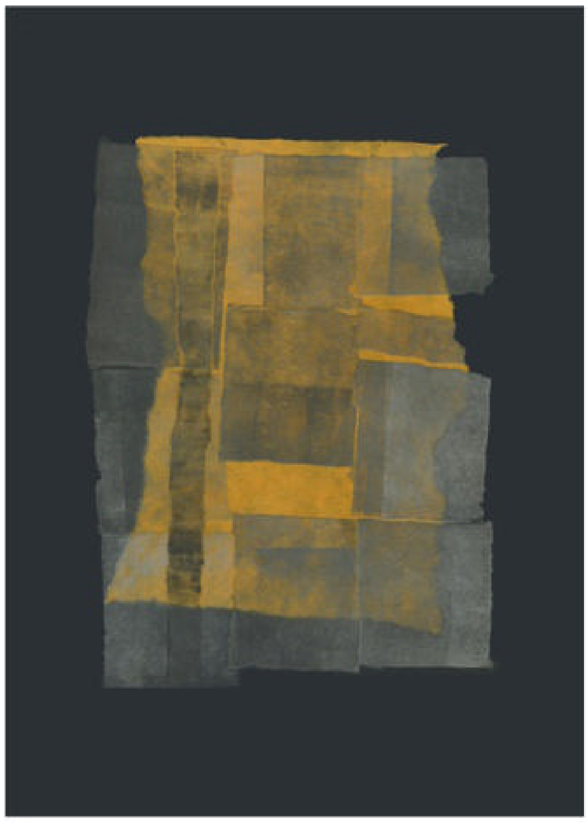

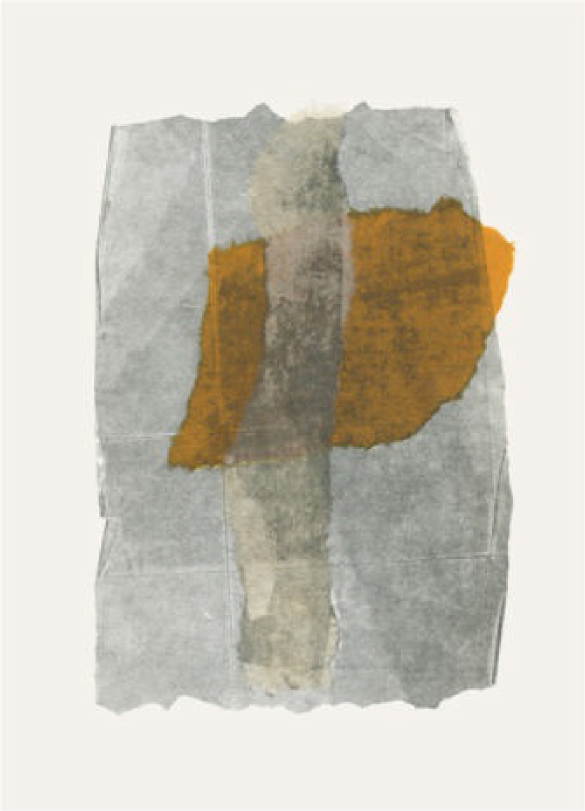

ROB COLLINGBOURNE

Rob is a London-based printmaker working with monoprinting. He mainly prints from hand-torn paper stencils incorporating chine-collé and other techniques. He embraces the degradation of the paper plates as they curl and crease to trap ink in unexpected ways. **robcollingbourne.co.uk**

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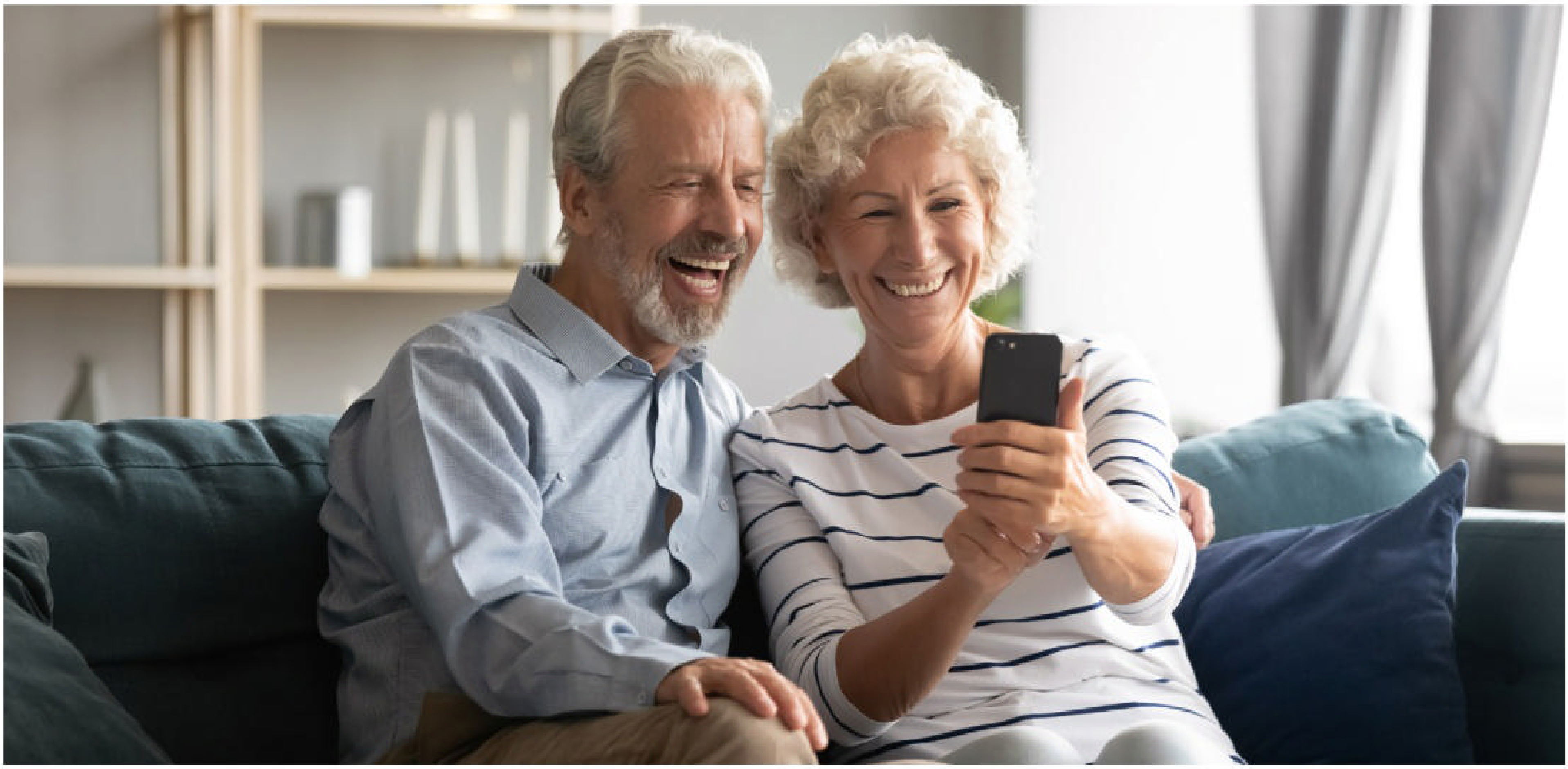

Now's the time to tackle your smartphone

At last, using your smartphone can be easy, simple and stress-free. Find out how...

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But using them isn't always as easy as you'd want – and that's putting it mildly!

Do the manufacturers do it on purpose?

Sometimes it can seem like the manufacturers deliberately make them complicated. It can drive you absolutely bonkers. Whether you have problems with the basics or you're trying to do something slightly more advanced, it can be easy to use them... once you know how. But until you've been shown, it can be like talking a different language.

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They explain how to use the phone, in plain simple language with pictures of the screen showing you exactly where to tap or slide your fingers. No jargon!

What's covered in the books?

We can't list it all here.

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- How to use it as a sat-nav... in the car or even on foot.
- Send emails from your phone.
- Most phones have a good camera so you can take photos: here's how to use it properly (and for videos)... & share the photos with friends.
- See updates, photos and video clips from friends and family – as soon as they "post" them.
- Make it easier to read the screen.
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- Browse the web at home or out and about.
- Choosing and downloading apps.
- And obviously, you can make phone calls and send and receive text messages. ("Voicemail" is covered, too)

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>
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Magnesium is present in foods such as black beans, bananas and pumpkin seeds, but to get the benefits we need to absorb it into our bodies.

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'Most supplements use magnesium oxide – it is the most common form, as it has a high concentration of magnesium but it's not easily released into the body,' explains Dr Miriam Ferrer PhD, head of product development at FutureYou Cambridge.

'Taking more magnesium to try and make up for the problem isn't the best approach, as too much can cause an upset stomach so we created Magnesium+ using magnesium lactate which is twice as absorbable as a standard magnesium oxide supplement. This means you need much less per capsule to deliver the same amount.'

"Within two weeks I was a different woman, with energy to spare"

Nicole, 57, says: 'I genuinely started to feel different within a couple of weeks. I started to feel much more perky – that's the best word to describe it... I've taken them religiously ever since.'

Another happy customer, Anne, 74 says: 'I had no energy at all. I put it down to my age, but it was really impacting on my life. Within two weeks of trying it I was a different woman, with energy to spare.'

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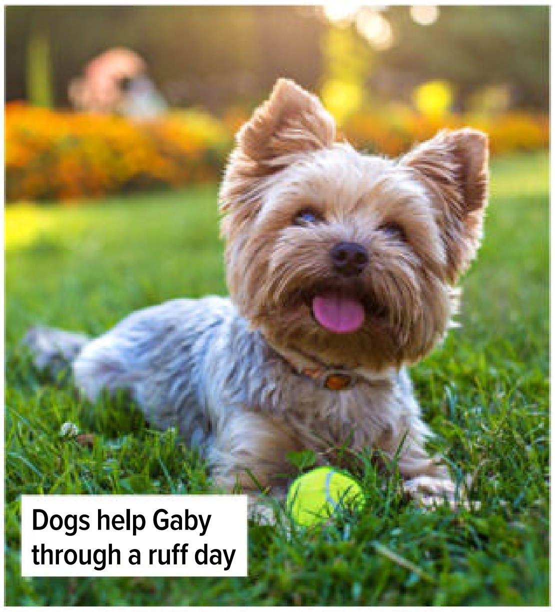
Lighter & BRIGHTER!

TV and radio presenter **Gaby Roslin** shares how to bring a bit of sunshine to these winter days


Dogs help Gaby through a ruff day

I do understand this time of year can be tough for people. When we wake up to a dull, grey day, it can be tempting not to step outside unless we have to. My advice? Try to leave the house no matter what, and, when you do, look up at the sky, as it gives you that bigger perspective. I used to have one of those daylight lamps that help lift your mood, but I lost it when we moved house and, to be honest, I realised that getting out into the fresh air works just as well.

> 'I realised that getting out into fresh air helps lift your mood'

Another thing I enjoy doing when I'm out is watching dogs run around in the park. I absolutely love dogs and my friend recently got a new puppy, which is the cutest, most adorable dog ever. Sadly, I can't have my own because my husband is allergic – it was a case of choosing him or a pet and I chose him! On the plus side, he doesn't need washing after a muddy walk or to have a late night wee in the garden – and he doesn't eat out of a bowl on the floor! But he always feels so guilty when I go soppy over other people's dogs. My late mum bred dogs and always said she preferred to spend time with them than some people she knew! The reason I mentioned my friend's puppy is because she said he brings her light on the darkest days. Because he's super friendly with everyone, she sees how people's moods lift when they come to stroke and greet him. There are proven studies that say how amazing animals are with people – be that helping in hospitals, care homes or with dementia patients. Working dogs always steal my heart because they are truly lifesaving. But if you can't have your own dog, just watching them when you're out and about works, too.

I also want to talk about sharing. I know the difficult days most of us are facing with the cost of everything spiralling, but people who are able to give back to the community really are fantastic. My lovely friend volunteers at a food bank and she says they're in need of food now more than ever. I have other friends who host teas for elderly people who are on their own, some who work with homeless people and others who make huge dishes of food to share with their neighbours. Do you already help or volunteer somehow? If so, THANK YOU for all that you do for others. You help brighten their world.

You see, there are many ways to light up your days at this time of year. For those who still feel glum, fear not – March is getting closer, which means spring is on its way!

My 5 instant blues busters

1 Make sure you say Happy Fabruary! I always rename February as Fabruary – doesn't it sound so much more fun?

2 Pop on some upbeat music to get you dancing around first thing in the morning.

3 Make sure you smile at least once a day for the whole month and it will become habit after that.

4 Ask someone how they are and really listen to their answer.

5 Go for a walk each day – even if it's cold and wet. Getting outside honestly works wonders.

GET IN TOUCH! If you'd like to share your thoughts or messages with Gaby, email gaby.roslin@hearst.co.uk

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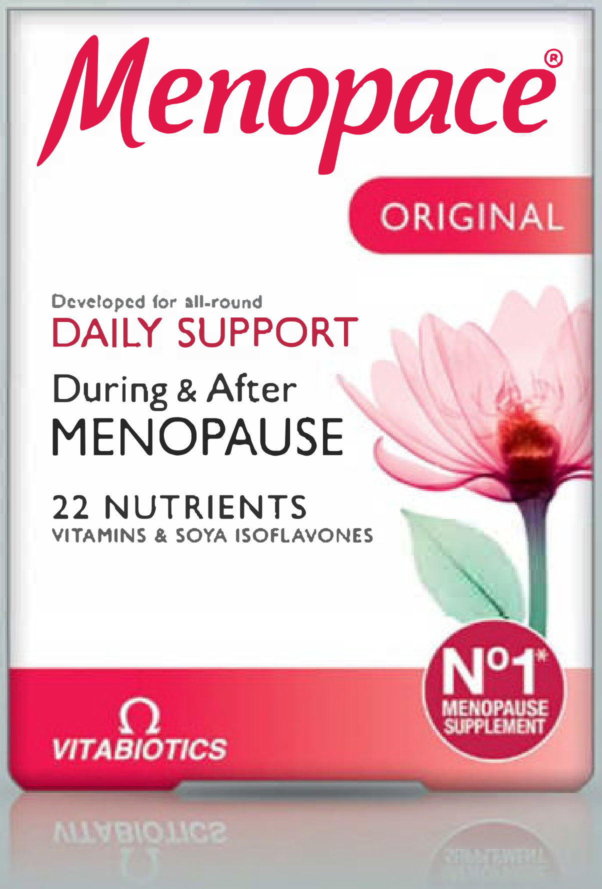

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No other fleet of river cruise ships offers you a view of the world like Avalon Suite Ships. There's nothing between you and the view.

THE ART OF MAKING YOU FEEL AT HOME

We deliver exquisite service that's professional, courteous, and informative. Our approach is never stuffy but creates an atmosphere of relaxed luxury.

CRUISE YOUR WAY

Borrow a bicycle from the ship for a picnic on shore or glide through the Rhine Gorge in a kayak. Whichever way you wish to spend your day, you'll find activities that speak to you.

SAVE UP TO £1,850 PER COUPLE ON EUROPE CRUISES

THE AVALON TOUCH IN EVERY DETAIL – INCLUDED ON EVERY CRUISE

- Breakfast, lunch, and dinner on board daily
- Complimentary sparkling wine with breakfast; wine, beer, or soft drinks with lunch and dinner
- Expert Cruise Director
- Avalon Adventure Host available as your guide for fitness activities and active excursions
- Avalon Choice® with your preference of Classic, Active, or Discovery included excursions and sightseeing
- AvalonGO mobile app with itinerary information before and during your cruise
- Complimentary Wi-Fi
- Club Lounge with 24-hour self-serve beverage station
- All gratuities included in the cruise price
- Welcome Back Credit - the more you travel, the more credit you earn toward future trips

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